

HOW TO **strengthen** your core in **7 days**



Struggling to find time for exercise? YouTube trainer Lucy Wyndham-Read claims it only takes seven minutes of exercise for seven days to start trimming your waist. Try her easy moves

HAVE WE GOT GOOD NEWS FOR YOU... 'You don't need a gym or expensive equipment to strengthen and get fit,' says YouTube fitness sensation and personal trainer of 25 years, Lucy Wyndham-Read. 'Everybody can squeeze a 7 min workout into their day.' Lucy's exercises bring the heart rate up to burn calories and fat, while targeting the obliques (narrow muscles to the side of your abdomen) and abdominal muscles.

BEFORE YOU START...
Warm up by marching on the spot for 30-60 seconds. Then set a timer and do each exercise for 1 minute, moving straight on to the next one. Pull in your tummy (abs) as you're doing the exercises, as you need to engage your core.



1 HALF STAR
Standing straight, reach one leg out to the side to tap the floor with your toes, while reaching the arm on the same side over your head. Bring in the arm and leg and repeat on the other side. Keep alternating for 1 minute.



2 STANDING CRUNCH
Start with your legs together and your arms up in the air with your palms facing behind you. Pull the arms down, while raising one knee up. Return to the starting position, transfer your weight and repeat with the other leg. Keep alternating. This move works more muscles than standard abdominal crunches, while avoiding neck strain.



3 POWER MARCH
March from foot to foot, but instead of swinging your knees up in front of you, kick your heels back towards your bottom. As you lift each leg, punch out with the alternate arm. If you want to make this move a little harder, you can add in a little jump between the steps to bring the heart rate up further and increase calorie burn.



4 SQUAT & PUNCH
Facing forwards with your legs wide apart, do a sumo squat (bend at the hips and knees and sit back), then rise up and punch forwards five times, alternating the arms. This activates your oblique muscles, which wrap across the torso, drawing in your waist.



5 WOODCHOP
Stand with your feet wider than hip distance apart and your legs slightly bent. Raise your arms over your head, leaning to one side. Then, as you pull your arms down in front of you, lift up the alternate knee to meet your elbows. Continue this move on one side for 30 seconds before switching to repeat on the other side. As well as being good for your tum, this exercise will help with balance and co-ordination.

HEAD TO
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to see Lucy's 7 Day Challenge - 7 Minute Workout to Lose Belly Fat video for YouTube and follow along with her workout in real time.



6 SIDE STEPS
Step out to one side as you punch both arms out to the same side. Bring the other foot in behind the first with a toe tap. Then step back the other way and punch the arms out to the opposite side. Punch the arms higher to bring your heart rate up further.



7 KNEE LIFTS
Start with the legs together. Raise one knee and your arms up in front of you. Bring the leg and arms down, then step back with the opposite leg, swinging the arms back at the same time. Step back to the starting position, then repeat on the same side for 30 seconds. Switch legs and repeat the moves on the opposite side.