



THE ULTIMATE

*belly-blasting
workout
for every decade*



It doesn't matter if you're 20 or 60—everyone craves a firmer, flatter core. Get knockout results with this workout by trainer Jennifer Cohen. It works for all ages!

photography by **Roberto Caruso**

Jennifer Cohen's Top Tip

"Always wear a heart-rate monitor while you work out. It's the only way to really know if your heart is in the right zone. Aim for 70 to 80 percent of your max target heart rate." To calculate your max heart rate, use this formula for women: 206 minus 88 percent of age.

Jennifer Cohen is a celebrity trainer and founder of the No Gym Required workout series.



1.

KNEE THRUSTS

Stand with your right foot forward, knees slightly bent. Place fists in front of your face. Quickly drive your left knee toward your chest and back down. Do 20 reps per side.

PERFECT YOUR FORM: Keep your core engaged during the movement.

DIAL IT DOWN: Don't lift your knee up as high.

AMP IT UP: Thrust your arms down as you propel your knee up.



2.

FRONT RAISE & SQUAT

Holding its handles, step on a resistance band with your feet hip-width apart. Lower legs into a squat while raising arms to shoulder height. Return to starting position. Do 15 reps.

PERFECT YOUR FORM: Keep shoulders down as you raise your arms up.

DIAL IT DOWN: Alternate upper and lower body movements instead of combining them.

AMP IT UP: Add resistance by stepping on more of the band.



IN YOUR 20s

build a strong base

This is the decade you want to be at your peak, because the fitter you are now, the fitter you'll be down the road. Make sure your routine includes cardio and muscle work. And remember that weight training is your greatest ally in weight maintenance and bone density, which helps prevent injury and osteoporosis as you age.

Rule of thumb: The last three reps of any exercise should be very challenging. If they're not, add reps or more weight.

3.

SINGLE-ARM DUMBBELL DRIVE

Pick up two dumbbells and start with your knees bent in an almost squat position, feet shoulder-width apart. Lengthen one arm and swing it overhead as you straighten your legs. Do 20 reps, switching arms after 10.

PERFECT YOUR FORM: Use powerful movement, but try not to lock your knees or elbows.

DIAL IT DOWN: Raise dumbbell only to shoulder height or skip the weights altogether.

AMP IT UP: Use a heavier weight or try both arms at the same time.



IN YOUR 30s

do more for your muscles

In this decade, you want to mix it up. Add variety with yoga and Pilates to target smaller stabilizing muscles, improve flexibility and prevent injury. And keep in mind that women start to lose lean muscle mass after 35, so it's crucial to increase strength training around that age. Consider circuit training to get better results in less time.

Rule of thumb:

Aim for 30 to 45 minutes of strength training at least three times a week.



4.

SEATED OBLIQUE ROTATION

Hold a medicine ball and sit with your knees bent, feet flat on the floor. Rotate ball from side to side. Do 20 reps.

PERFECT YOUR FORM: Keep your spine straight and chest proud.

DIAL IT DOWN: Do the exercise with light dumbbells or no weight at all.

AMP IT UP: Raise your feet so your calves are parallel to the ground.

IN YOUR 40s

keep up the cardio

On top of losing more muscle mass, women over 40 are starting to deal with a triple threat: hormones, gravity and a metabolism that's slowing down. A strong, stable core is more important than ever; but if you really want to fight that spare tire around your middle, you need to burn more calories by increasing cardio. Keep up the weight training and really focus on your form by making slower, more controlled movements. The last thing you want now is an injury that could throw off your whole routine.

Rule of thumb:
Focus on longer sessions of low-impact cardio almost every day.

5.

SPEED SKATING

Standing with feet hip-width apart and bending from the waist, put weight on your left leg, keeping your knees slightly bent. Simultaneously swing your right arm across your body and your right leg behind you. Continue the skating motion, switching sides, for 30 to 60 seconds.

PERFECT YOUR FORM: Keep your abs pulled in.

DIAL IT DOWN: Take smaller steps behind you.

AMP IT UP: Add a power hop in the middle.



IN YOUR 50s

think about posture

This is the decade where loss of muscle mass and tone can really change your body composition. Combat that classic slouch with exercises that strengthen your back. Bring greater awareness to sitting and standing, and focus on activities that improve posture, flexibility and balance. If you haven't started practising yoga or Pilates, now is a great time to do so. Finally, don't forget that weight-bearing exercises are more important than ever, since they help keep bones strong.

Rule of thumb:

Alternate between cardio and strength-training days, so your body has time to recover.



6.

SIDE PLANK HIP RAISES

Prop your body up on your right hand with your feet stacked. Raise your hips until your body forms a straight line from your ankles to your shoulders. Hold this position for 20 seconds, then do 12 hip pulses, moving your hips up and down. Switch sides and repeat. Continue for 30 to 60 seconds.

PERFECT YOUR FORM: Make sure your supporting hand is directly below your shoulder, and keep your core engaged.

DIAL IT DOWN: Skip the pulse and hold for five seconds, then rest for five seconds.

AMP IT UP: Straighten your upper arm and reach for the ceiling.

7.

REVERSE WOOD CHOP

Squat while holding a medicine ball on the outside of one foot. Keep your arms straight and raise the ball diagonally overhead as you push out of the squat. Lower back down to start. Do 10 reps on each side.

PERFECT YOUR FORM: Keep your chest and shoulders back.

DIAL IT DOWN: Use light weights or do a basic wood chop (don't alternate sides).

AMP IT UP: Hold a heavier ball.

