

FLATTEN THAT BELLY, TRIM THOSE THIGHS

Emily T. Prosis

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Belly Ins: Draw belly to spine. Slowly, flattening lower back to bed by using your core (not your butt or legs), press belly down on an exhale.

13 Flat Stomach Exercises You Can Do at Home - Winning

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Weoffer morethanexercisesso youarefreetouse themtomodifyyourtraining you want to target your thighs, however, you might need to do some more specific exercises at home or at the gym. Privacy Terms Ad policy Careers.