

Free 5-day Belly Fat

Challenge

Whole Body Balance and Flow

[Link to Video](#)

Cardio, strength and core are all important for losing belly fat, but don't forget that easy, slow workouts also help. Too many high intensity workouts can backfire. Recover and give your body a break with this one.

Equipment

None.

How To

Do each exercise one after the other for the suggested reps.
Complete 1 or more circuits.



ARM LIFTS WITH ROTATION

Stand tall and take the arms up. Now split the arms, bringing the right arm straight in front and the left arm straight back. Take the arms back up and repeat to the other side.

Repeat for 12 reps (1 rep is to the right and left.)



DOWN AND UP

Stand tall and tip from the hips back flat and reach the arms as low as you can. Stand touch your hips and then take your arms straight up to the ceiling. Keep the move slow and controlled.

Repeat for 12 reps.



CRESCENT KNEE CIRCLES

Stand tall and take the right knee up, rotate it out to the right, making a full circle using the hip, and bringing the leg behind you and then back to the start.

Repeat for 12 reps on both sides.



SIDE STEP KNEE

Take a wide step out to the right (bend the knee into a lunge if that feels good) while sweeping the arms across. Slowly stand up, circling the arms overhead and lifting the right knee.

Repeat for 12 reps on both sides.



WARRIOR 3 TO SIDE KNEE

With arms straight up, tip forward while taking the right leg up behind you, lowering until arms and leg are parallel to the floor. Come back up, bend the right knee and rotate it out to the right. Repeat for 12 reps on both sides.



HIP HINGE KNEE LIFT

With back flat, tip from the hips and reach towards the floor. As you come back up circle the arms up while lifting the right knee. Repeat on the other side for 12 reps (1 rep is to the right and left).

Whole Body Balance and Flow

ONE LEG SQUAT KNEE



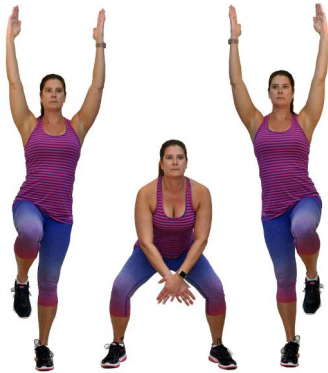
Take the right heel in front of you resting on the floor (for more balance, keep the heel off the floor). Bend the left knee, sending the hips back in a one leg squat. Stand and circle the arms up as you lift the right knee. Repeat for 12 reps each side.

REAR LUNGE ROTATION



With arms up, step back with the right foot into a lunge. Holding that position, take the arms down and rotate them towards the left. Step back and repeat for 12 reps before switching sides.

X SQUAT KNEE LIFT



With feet wide, lower into a squat, crossing the arms in front of you. Stand and lift the right knee, circling the arms up. Squat and stand lifting the left knee up. Repeat for 12 reps (1 rep is to the right and left).

KNEE SMASH LEG EXGT



Arms up and left leg back, bring the left knee up as you pull the elbows down. Hold and straighten the left leg. Lower and repeat for 12 reps before switching sides.