

Get up, get down

Level: moderate

Begin by lying down on your back with your legs extended in front of you. Place a foam yoga block, book, or light dumbbell in your right hand and extend it straight up towards the ceiling. Keeping your right arm extended the whole time, bend your knees, place your feet on the floor and stand up in one smooth motion. Use your left hand to help you get up if need be. You should end standing on your feet with your right arm extended overhead. Now lay back down again onto the floor. Repeat 3–5 times and then do the other side. In addition to working the abs you'll also find this exercise to be very aerobic!

