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A MD influences the new trend of the viral body. Once you know what to look for, you'll notice cracks everywhere: they were displayed on Coachella (many, crop caps!), on the pages of SI's annual Swimsuit, and on the runway at the Victoria's Secret Fashion Show last winter. Let's be clear: We're all for strong, toned abs, and there's nothing dangerous about having a crease in the middle, as long as you lead a healthy lifestyle. But like the naval challenge and the madness of the thighs before, we distrust any viral measure of an "ideal" body that encourages women to fight for a specific physical characteristic, especially one that is difficult or even impossible to achieve. "Not everyone is destined to have a sink stomach or a crack no matter how hard they work or how little they eat", says Roshini Rajapaksa, MD, associate medical editor of health and a professor at the New York University School of Medicine. "Usually, the people who achieve these results are professionals or fitness models who are paid to look abnormally good". "They are probably also genetically blessed". In other words, the abdominal cracks you see on social media are probably the result of a physical condition, extreme and DNA. There is no lower body regimen or dietary trick that will guarantee you an abdominal crack. So instead of striving for this particular aspect, a healthier strategy is to focus on strengthening your entire core (which includes your back and oblique sides, plus your abdominals) and eating a clean diet with plenty of fresh produce, lean protein, legumes and good fats (think of salm, avocados and nuts). The conclusion, according to Dr. Rajapaksa: "Getting an abdominal rift is probably not a realistic or healthy goal for the person. A month of simple movements for a toned half. The beach season is in full apogee. With our perfect plan AB finally you will have the confidence (and muscle tone) to undress your stomach. This exclusive image change of a month will help you build a one Core through the orientation of the different abdominal muscles, revokes his metabolism and burns the belly fat before he knows. The training, designed by Angela Corcoraran, a personal trainer in Equinox in New York City and the Physiology Professor at Queens College in Flushing, New York, provides significant results in a short period of time. Simply combine the following easy force movements to make with regular cardiovascular workouts (four to six times per week), as 30-minute energy walks, family bicycle rides or climbing sessions and stair jump. Soon you will be fine on your way to a more flat and tone midsection. Dedicate at least 15 minutes, three days a week, to these exercises AB. If they seem easy, increase the intensity by adding weight, modifying the movements, decreasing the resting periods between the sets, or by adding the bonus movement on the next page. If you feel a little sore, keep it in it, some muscle fatigue is a good sign. "The cliché" without pain, or gain "is true when it comes to working its abdominal," says Corcoran. If your ABS really has pain, make a cardio round of that day to increase the flow of blood to the aching muscles, she suggests she. You will end up feeling, and looking, better at any time. The plan: three days a week, choose one "Whitler of the waist" (a movement from side by side that is directed to the obliques) of this page and one "Belly Blaster" (a front movement to the back That works "Six-Pack" Muscle) of the next page. Modified side plank, step 1 is on your left side, leaning on your forearm with the elbow directly under your shoulder. Put your right hand on your hip so that your right elbow points towards the ceiling. With legs on a line and feet stacked, straighten up And press the hips to the ceiling (this is your initial position, check the photo on the left). Map of your hip and torso to the floor, keeping your left arm straight (B), then return to the initial position. Do 10 to 20 repetitions, then change sides. Hold a light weight, from 3 to 5 pounds in each hand (or use two two soup). Keeping your arms straight, extend them sideways so that your body forms the letter "T" (this is your starting position, A). Keep your knees straight while articulating slightly at your hips and reaching your right arm toward the ground (B). Return to the initial vertical position. Reach your left arm towards the ground and return to the initial vertical position to complete 1 rep. Be sure to keep your hips straight and centered while doing this "totter-totter" movement on each side. Work up to 20 repetitions (if you find it easy, increase the weight). Place a weight of 3 to 5 pounds (or a large book) on a high chair or hip table. Stand in front of the surface with your backs to the object. Turn the entire torso to the left, lift the weight (A), then turn in the opposite direction and put the object back on the table (B). For a small object, such as a weight, use only one hand. For a large object, such as a book, use both hands. Reverse directions to complete 1 rep. Be sure to stand upright and keep your hips facing forward to properly challenge your central muscles. During exercise, keep your hips slightly leaned against the table or chair to make sure you're spinning from your spine and pointing at your obliques. Do 15 to 20 reps. Put the weight up if it's too easy. Beat the lump with movements directed to the rectum abdominis, the long, flat muscle in the center of your nucleus. Start by sitting on the floor with your feet on the floor, your knees bent and pointing towards the ceiling. Bend your arms in front of your chest (this is your starting position, A). Step back slowly and get down to the ground, one vertebra at a time (B). The hardest part will be the second half of the exercise, when the lower part of the back is already on the ground and you are rolling the rest of the spine down. Return to the original position unused hands. Complete 3 games of 15 slow reps. This variation of "weighted turns" also works in the center of your core. Get your back to a table high hip, hip, A weight of 3 to 5 pounds on the ground in front of you (this is your starting position). Keep the knees slightly bent and the back flat while leaning forward from the hips to lift the weight (A). When climbing, turn right and place the weight on the table behind you (B), then turn left to recover the object from the table. Return to the center, then bend forward and place the weight on the floor. Lift the weight again, this time turning to the left to place it on the table and turning right to pick it up before returning it to the ground to complete 1 rep. Make 15 to 20 repetitions. Modified leg extension, step 1 signs on the edge of a sturdy chair with arms behind you. Support yourself on the sides of the chair to support. Slowly pull the knees to the chest (A). Extend your legs directly in front of you, leaving them floating on the ground for a few seconds (B). Your body must form a straight line from the shoulders to the toes, and your feet and legs should not touch the ground at any time during exercise. Bring your knees back to your chest to complete 1, Rep. He works until 15, repetitions. Accept on the ground as if it were to make a typical sitting, then let your knees fall right with your chin, chest and torso still looking towards the roof (A). With arms folded and hands gently behind the head, lift the top of the body and shoulders of the soil as high as possible (B). Be careful not to let the knees come out of the ground or the abdominals will be disconnected. Make 15 repetitions, then turn your knees to the other side and repeat. Work up to 3 series on each side.

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