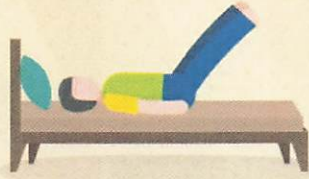


10 EXERCISES YOU CAN TRY IN YOUR BED

- 1. Leg Circles** Let's start with a simple (but not easy!) movement for lower ab strength and circulation. Lying on your back, lift your legs about six inches off the bed. Keep your abs contracted, your back flat on the bed, your arms at your sides, your knees straight, and your feet touching. Now draw circles in the air with your feet without touching the bed. Do 20 circles clockwise and 20 circles counterclockwise.
- 2. Butt-sculpting Hip Rotation** It won't take you long to feel how effective this tiny motion is. Lying facedown, fold your arms under your head and stretch your legs straight behind you. Bend your right leg and put your right foot on the back of your left knee. Both your hips should stay on the floor, with your knee pointing out. Contracting your right cheek without raising your hip, lift your right knee a few inches off the bed. Hold for two seconds before lowering your knee. Do 10 repetitions. Then switch legs and start again.
- 3. The Pilates Clam** This rotation exercise tones the hips and thighs while increasing your pelvic stability. Lie on your right side, making sure your hips and shoulders are in a straight line and stacked on top of one another. Draw in your feet and bend both knees so that your legs are at a 90-degree angle to your body, while your feet stay lined up with your hips and shoulders. Rest your head on your right arm, bent or stretched, keeping your neck straight. Put your left hand on the bed in front of your chest for support. Now, keeping your big toes together, slowly rotate your left hip, opening and raising the knee. As soon as you feel your hips shift out of alignment, begin lowering your leg to the starting position. Do four more repetitions, then switch sides.
- 4. Knee-In Leg Lifts** This variation of the side leg lift works your thighs, butt, and outer thigh. Lie on your right side with your right knee bent, right foot behind you. Use your right hand to prop your head up; your left hand can rest on your hip. Pointing your left toes, extend your left leg so it forms a straight line with your body. Keeping your hips on top of one another, lift your left leg straight up, pointing your toes toward the ceiling. Now bend your left knee and bring it in toward your torso. Extend the left leg toward the ceiling again before lowering it (with control!) to the starting position. Complete 10 repetitions, then switch over to your other side.
- 5. Arm Extension to Shoulder Tap** This exercise will work your shoulders and core. Start in a high plank position, with your arms straight and wrists directly under your shoulders. Make sure your body makes a straight line from the top of your head through your toes. Hold your abs and glutes tight as you extend your right arm straight out in front of you, holding for one second. Before lowering your arm, tap your left shoulder. Repeat with your left arm. Complete 30 total repetitions while alternating sides (15 per side).
- 6. The Half Bridge** This isometric exercise will tone your rear. Lie on your back. Your feet should be flat on the bed hip-width apart, with your knees bent. Contract your abs and glutes, lifting your tailbone. Push up until your shoulder, hip, and knee form a straight line. Hold for 30 seconds, keeping your butt engaged and your breathing regular. Lower back to starting.
- 7. Marching Hip Raises** Adding a marching motion to the half bridge gives it some kick. Begin in a half bridge (see above). Keeping your knee bent, squeeze your butt and raise your right foot up off the bed until your right knee is directly over your right hip. Lower your right foot back to the bed. Repeat on the left side. Continue alternating sides for a total of 30 reps.
- 8. Jackknife Sit-Ups** At the height of this movement, you're balancing only on your butt! Lie on your back with your arms and legs stretched out and your feet together. Keep your arms and legs straight and your core braced throughout the movement. Exhale as you lift your upper and lower body off the bed, aiming to meet your hands to your feet. Lower down to starting in a controlled way. Complete 10 reps.
- 9. Table Top High Fives** Sit on the bed with your legs extended in front and arms resting at your sides. Bending your knees, place your feet flat on the bed. In one smooth motion, press into your hands and feet as you straighten your elbows and lift your hips up toward the ceiling until your body from shoulder to knee is one straight line. Keep your glutes squeezed and your bellybutton high. Now pick your right hand up off the bed and stretch toward the ceiling. Lower and repeat with the left hand. Alternate for a total of 30 reps (15 each side).
- 10. Ankle Rolls** End with an exercise that stretches and improves circulation to your feet, which you'll be using a lot once you get up! Lie down with both legs stretched out toward the ceiling. Turn your feet outward and inward, rolling your ankles for one minute.

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1. LEG CIRCLES



2. BUTT-SCULPTING HIP ROTATION



3. THE PILATES CLAM



4. KNEE-IN LEG LIFTS



5. ARM EXTENSION TO SHOULDER TAP



6. THE HALF BRIDGE



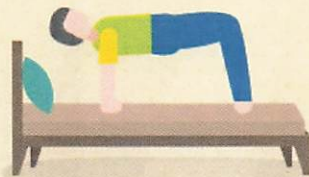
7. MARCHING HIP RAISES



8. JACKKNIFE SIT-UPS



9. TABLE TOP HIGH FIVES



10. ANKLE ROLLS

