

by Shoshana Pritzker

TWO-TIME

MS. FIGURE INTERNATIONAL

Nicole Wilkins

SHARES HER SECRETS TO FLAT ABS

What's better than chocolate on a dreary day? Showing off your tight and toned tummy at the beach while the boys wait in line to cover you in suntan lotion. Learn how top IFBB Figure Pro, Ms. Figure International Nicole Wilkins keeps her winning mid-section in bikini shape with her top 3 tips and exercises for Flat Abs!

"Make sure you train your abs two to three times per week, and incorporate an upper, lower and oblique exercise. Examples include crunches, leg lifts and the twisting crunch."

BALL TUCK-UPS IN PUSHUP POSITION

How to do it: Using large exercise ball, lay tummy down on the ball and carefully walk your hands out in front of you until the ball is resting below the top of your feet. You may need to rest the ball at your ankles for better stability. Slowly curl your knees toward your chest while keeping your feet resting on the ball. Extend your legs to starting position and repeat.

"Eat small meals every three hours with lean protein at each meal and no sugar or alcohol. Remember, there is no such thing as spot reduction—1,000 crunches will not equal a six-pack. Abs are made in the kitchen!"

TWISTING CRUNCHES WITH MEDICINE BALL

How to do it: Sit on the floor with your legs straight out in front of you. Keeping your knees slightly bent and feet slightly above the floor, hold a medicine ball waist level, twisting from side to side. Tap the ball to the floor on each side of your body.

"Don't forget your cardio. By lifting weights you will gain muscle and lose fat. However, in order to speed up the fat-burning process, increase your cardiovascular activity." ■

