



HYPER-CORE CHALLENGE:

30

MINUTE **WITH** ABS HILLIARD STUDIO METHOD

BY CAT PERRY
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ARE YOU *HARDCORE*? YOU WILL BE SOON, WITH THIS PILATES-INSPIRED WORKOUT.

The term *core* describes all the muscles in your torso, including your chest, shoulders, lats, midback, glutes, lower back, abs, and obliques. The problem is, women tend to work this area sporadically and only on one plane. (Think forward and back with crunches.) But powerful cores are built using four categories of movements, including front (anterior), lateral, rotational, and back (posterior) core exercises. And Pilates, whether on the Reformer or on the mat, is renowned for doing just that.

We asked the mother-daughter team behind Hilliard Studio Method, a Pilates-based training studio based in Charlotte, NC, to whip up a waist-whittling workout that will supercharge your midsection with each and every move, giving your core the attention it deserves so you can get sleek, defined, and stronger than ever.

HOW TO DO IT

Perform the following exercises as a circuit, completing one set of a move before going on to the next. (The end of one move will feed into the next.) Repeat circuit three to four times.



1. CURL (10 REPS)

Sit with knees bent, feet flat on the floor, and with a mini stability ball between your inner thighs (for an added challenge, hold a light weight plate, arms straight, above your legs) **(A)**. Holding sides of thighs with each hand, roll down one vertebrae at a time **(B)** until shoulder blades nearly touch the floor but are not flat on floor (and weight plate, if using, is straight above chest). Squeeze ball and curl chest up again. (If holding weight plate, press it back above shins as you rise.)



A



B



B

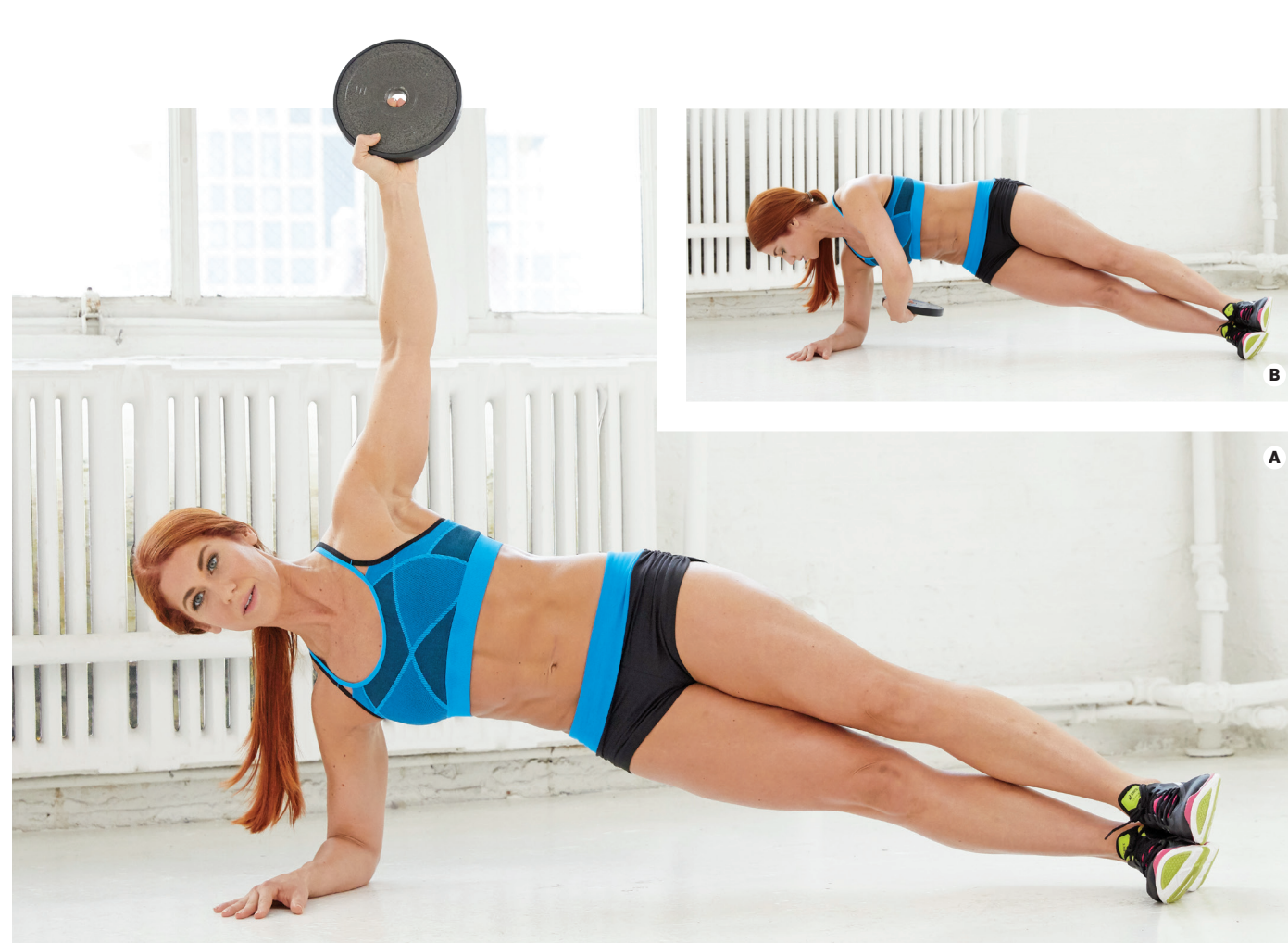


A



2. OBLIQUE TWIST CURL (RIGHT) (10 REPS)

From seated position in the curl exercise (No. 1, at top), with ball still between thighs, lift right foot off the floor, torso angled about 45 degrees, holding the outside of your right thigh with both hands (or hold a moderate weight plate with both hands at the outside of your right thigh) **(A)**. Twist up and over toward right leg, using your obliques **(B)**, then curl down to 45 degrees, pulsing your reps.



A



B



3. FOREARM SIDE PLANK + THREAD THE NEEDLE (RIGHT) (8-10 REPS)

Remove ball from between thighs and rotate into a right-side forearm plank, grasping a moderate weight plate in your left hand. Lift hips away from the floor until your body forms a straight line. Keeping hips lifted, thread the needle, lifting the weight straight toward the ceiling **(A)** and then underneath your torso **(B)**.



A



B



4. ELBOW PLANK + SIDE-TO-SIDE HIP DIP (10 REPS/SIDE)

Rotate into a forearm plank on both elbows **(A)**. Rotate/dip hips side to side, working the obliques **(B)**.

HAIR & MAKEUP BY CHRISTIE CAIOLA; TOP: CHAMPION; BOTTOM: ROGIANI SPORT; SHOE: ASICS

5. FOREARM SIDE PLANK + THREAD THE NEEDLE (LEFT) (8-10 REPS)

6. OBLIQUE TWIST CURL (LEFT) (10 REPS)



COURTESY OF HILLIARD STUDIO METHOD (SIDEBAR)

OUR MODEL:
Adriana James
Trainer/Actor, NYC
“Every day is an opportunity to be a better version of yourself. Never stop growing.”

Learn more about Hilliard Studio Method creator and owner, Liz Hilliard, and her daughter, Clary Hilliard Gray. To tighten and define in 60 minutes or less, try this workout from home, take an in-studio class, or tune in to their streaming subscription service at hilliardstudiomethod.com.

7. SUPERMAN (10 REPS)

Lie facedown on the floor, holding a ball or light weight plate in both hands, with arms extended from your shoulders and legs straight and slightly separated (A). Engage abs and raise arms, chest, and legs off the mat to work the back and core (B).



8. FROG FEET LIFT (10 REPS)

Staying facedown, bend knees out to sides and place ball between feet. Bend elbows, stack hands, and rest your forehead on your hands (A). Engage your abs and raise head, chest, arms, and legs off the floor, holding the ball tightly (B).

9. PLANK KNEE BEND (10X SLOW, 10X FAST; HOLD PLANK FOR 30-60 SECONDS)

Place ball between thighs and come to a high plank (A). Bend both knees toward the floor as you squeeze the ball (B) and then press back through the heels to straighten legs.

BONUS BELLY BURN: 5-MIN.

CORE CIRCUIT

No time for a full workout? This express routine gets the whole body in on the action with a special emphasis on the abs.



Pike/Plank Pushup (10-15 REPS)
Begin in full plank, hands wider than shoulders, then pike hips in the air **(A)**. Shift back to plank **(B)**, then lower chest to elbow level for a pushup **(C)**. Press back to plank and pike back up to start.



Plank Jack (10-15 REPS)
From plank, hop feet out **(A)** and in **(B)**, keeping hips low and toes light.



Shoulder Tap (10-15 REPS)
Keeping feet separated on last plank jack and hips square to floor, reach left hand up and tap right shoulder; repeat with other arm.



Reverse Crunch (20 REPS)
Keeping upper body on floor, extend arms to sides just above floor, palms facing ceiling. Extend legs above torso, keeping inner thighs together **(A)**. Pull abs down and lift hips 1 to 2 inches off the floor without rocking. Pulse arms up with the hips **(B)**.