

The upper back firmer is a favorite upper back exercise with weights:

- Sit in a chair grasping a 1-pound weight in each hand at your sides
- Lean forward until your chest nearly touches your thighs
- Slowly raise your arms out to your sides while keeping the pinkies up
- Squeeze your shoulder blades together
- Gently lower your arms and unclench your shoulder blades
- Do two sets of 8-12 reps each

Try this great back exercise:

- Lie on your back, bending your knees with your feet flat on the floor
- Slowly raise your left knee to your chest and hug it for five seconds while pressing your lower back to the floor
- Switch legs and repeat on the other side
- Do ten reps for each leg
- You can also do this hugging both knees to your chest for five seconds and releasing

- Lie on your stomach or stand (depending on your injury and flexibility)
- Arch upward if lying on your stomach and lean back if standing, holding position for five to thirty seconds
- Repeat ten times

To do the Toss-Up:

- Lie on your side, hips firmly planted on the Pilates mat
- Point the top of your foot up toward the sky and toss your leg up, engaging the inner thighs of both legs
- You'll definitely feel the goosh of your inner thighs melt away with this inner thigh exercise.

### Tip: Better Crunches

For the crunch best ab exercise, do crunches with your back on the ground, your thighs perpendicular to the ground, and your calves parallel to the ground. Then lift, keeping your back straight, hold for a few seconds, and lower slowly during each abdominal exercise repetition. This is a better way to do the crunch lower ab exercise.

As you do this lower abdominal exercise, breathe out when lifting yourself. Breathe in when lowering back to the floor during each ab exercise repetition.

### Tip: Negative Situps

Try negative situps for a good ab exercise workout--this is among the best ab exercise. Start the [lower ab exercise](#) in a sitting position on the floor or an ab bench, knees bent and feet on the floor. During the lower abdominal exercise, contract your abs and keep them tight while you lower yourself slowly, curling down back first until you're lying on the floor, or until you lose control. Push yourself back up and repeat the abdominal exercise.

### Tip: Range-of-Motion Crunches

Come almost back to the starting point to complete each rep of a set of lower ab exercise crunches, but during abdominal exercise, don't go all the way to the floor and release the tension on your abs. Hold and squeeze your abs for a second or two at the top of the lower abdominal exercise movement. For the best ab exercise, use full range of motion for fewer ab exercise repetitions instead of pumping hundreds that only move a few inches.

A bicycle really is built for two! The "bicycle" is a great combo ab and butt firming exercise. During the "bicycle" butt toning exercise:

- Lift your pelvis, butt and legs off the floor
- Squeeze your butt as you bicycle