

Stomach crunch

A variation of a stomach crunch, called a reverse curl, could give you the tummy toning you need, without neck strain or equipment.

To do a reverse curl, lie on your back on the floor with your arms down at your sides and palms on the floor.

Bend your knees about 90 degrees and lift your feet off the floor until your hips also are flexed almost 90 degrees.

As you exhale, curl your tailbone and hips up off the floor by contracting your abdominal muscles. Keep your navel pulled in as you perform the curl.

Slowly roll back as you inhale.

Return to the starting position.

Avoid using momentum to lift the hips off the floor.