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Best exercise for flat stomach in 7 days

It might come as no surprise that this is one of the most common questions I'm asked: How do I get a toned, flat stomach? As the founder of Australia's #1 online fitness program, I've helped more than 400,000 people get fit and live healthier lives, so trust me when I say this: most people are going about it all wrong. There is a lot of misinformation out there. I can tell you that thousands of sit-ups, starving yourself or exercising for hours is NOT the answer. So what IS the best way to lose belly fat and get a toned stomach? To get a flat, toned stomach (fast) you need to focus on 5 things: Water: Drink at least 2 litres every daySleep: Get 7 to 8 hours of sleep each nightProtein: Eat a high-protein diet (but this doesn't mean you have to go keto)Intake Vs Output: Ensure you're consistently in calorie deficit until those abs start to appear (but this doesn't mean you have to starve yourself)Metabolism: You can increase your metabolism with HIIT, high-intensity interval training and resistance training (I'll show you the fastest, most efficient HIIT workouts in my free guide below) If this sounds simple, that's because it IS simple. But simple doesn't always mean easy - especially if you don't have a plan on how you're going to achieve a toned stomach in time for summer. Don't leave your results to chance. Get my 7 day exercise & food plan and get that flat tummy sooner! Download your FREE 7-day guide and let's get started on those abs today! Learn the best way to eatHow to get a flat stomach without a single sit-upLearn the best exercises you can doLose excess fat every day (without starving yourself)Discover how to maintain your flat stomach... for good! As Featured In One of the best ways to reduce your risk of getting heart disease is to focus on your abs. At least scientists suggest so! According to recent studies, keeping your waist little has a positive effect not only on your mood and appearance - it can actually protect your health.Here at Bright Side, we gathered the top 8 flat belly exercises that you can do from the comfort of your own home in just 30 days. Each day you will need only 10 minutes of your time to perform these exercises and you will see the amazing results during your first week.Your daily routine should start with 4 exercises of your choice. Each one should be done for the amount of time stated with a 10-second break in between. Be sure to repeat 2 times during each session.When people generally think of a "six-pack", this is the muscle that they are talking about. The rectus abdominis is positioned between the ribs and the pubic bone at the front of the pelvis. This muscle can be worked out in 2 different ways: By bringing the chest towards the pelvis By bringing the pelvis towards the chest Crunches are a classic core exercise for defining the abdominal muscles and are ideal for toning the rectus abdominis and oblique muscles.Exercise technique: Lie on your back on the floor or on a comfortable mat. Bend your knees. Lift your shoulders toward the ceiling using your abdominal muscles and pause at the peak. The double leg reach is a very effective abdominal exercise, working both the upper and lower abdominals.Exercise technique: Lie on your back with your legs stretched and your arms facing upward. Lift your feet back off the ground at a 45-degree angle using your abdominal muscles and pause at the peak. Then slowly lie back down keeping your arms and legs stretched. This exercise works not only your abdominals, but also your arms, glutes, shoulders, and legs.Exercise technique: Position yourself in the plank position with your weight relying on your hands. Then bend your left knee forward toward your waist, curl it, and hold it for a few seconds. Pull your leg back and repeat it again with the right one. Roll-ups strengthen the abdominals while increasing flexibility of the spine.Exercise technique: Lie on your back with both your arms and legs stretched. Lift arms up and forward and use your abs to slowly roll up to a sitting position. Squeeze your abs again and slowly lower down to the starting position. Plank hip dips are ideal for beginners trying to strengthen the abdominals.Exercise technique: Begin in a push-up position with your elbows on the ground while resting on your forearms. Keep your arms at a 90-degree angle. Arch your back out slightly. Raise your glutes toward the ceiling, squeezing your abs tightly to close the distance between your ribcage and hips. Lower back down to the starting position. Navasana strengthens the abdominal muscles, the legs, and the lower back.Exercise technique: Sit with your knees bent and feet flat on the floor. Lean back slightly and lift your feet off the floor. Extend your arms straight out in front of you. Keep your knees straight for 30 seconds to 1 minute with your body weight relying on your abdominal muscles. This exercise is ideal for strengthening your entire body and should be done toward the end of your workout.Exercise technique: Lie on your back with your knees stretched and your legs straight up. Straighten your arms by your sides. Scoop out your lower abs. Drop your legs slowly to one side. Repeat with the opposite side. The Mountain Climber is an advanced, high-intensity exercise that will get your heart rate up. It's perfect to incorporate into your daily routine for some cardio.Exercise technique: Get into a plank position, on your hands and toes. Position your hands at about shoulder-width apart from each other. Then, pull the right knee into your chest as far as you can. Switch and do the same thing with your other knee and remember to keep your hips down. These exercises are ideal for a home workout. You do not need any special equipment to perform them, just your own body and your own will. Please feel free to share with us in the comments which exercise is your favorite and which one you think has helped you the most. Have a happy workout! Priya DeeshUpdated: August 14, 2017 17:50 ISTBelly fat accumulates between your organs like stomach & intestinesIt puts you at a high risk of diseases like Type 2 DiabetesPlanks, sit ups and crunches can help burn belly fat Are you finding it difficult to fit into your favourite black dress? Do you get stressed looking at your belly fat in the mirror while getting ready every morning? If yes, now is the time to do something about it seriously and start working on a healthier and fitter you. Belly fat not only looks bad, but it is also a storehouse of many internal problems such as diabetes, heart diseases and more. Belly fat or visceral fat is fat that accumulates between your organs like stomach and intestines. This produces toxins that affect the functioning of your organs and puts you at a high risk of diseases like Type 2 Diabetes. If you are trying to lose the flab around your waist you have to start by eating a fibre-rich diet. Make sure you restrict sugar intake, this includes sugar in colas and cold-coffees too. Steer clear of processed foods as these may already be loaded with trans-fats. In addition to conscious eating, you need to do have an active lifestyle. Take out 30 minutes from your busy schedule every day to walk, play a sport, swim or indulge in any activity that makes you move around. Burning calories is key to reducing abdominal fat. Finally, to convert the flab into fab, you need to target this specific area to get rid of the fat and tone the muscles. Here are a few stomach exercises that may help you to be fit as suggested by CrossFit Trainer, Vinata Shetty.1. PlanksOne of the best exercises that you can do for your core is a plank. It helps to improve your posture by building isometric strength. According to Vinata Shetty, planks tone and strengthen the muscles of the abdominal region and support the spine.Go down on the floor in the press up position. Put the weight on the forearms while bending your elbows. Form a straight line through your body from shoulders to ankle, suck your belly button into the spine and hold on the position for some time and relax. In the beginning you may be able to hold the pose only for 8-10 seconds. Don't worry, this will increase as you keep doing this. Repeat the same five-six times. (Also read: 5 Best Plank Exercises for a Rock Solid Core)2. Side PlankIt helps to maintain proper posture and reduce stress on the spine and hence helps to prevent back issues. Strengthens the abdominal and the back muscles and can be practiced anytime but being consistent is the key here. Extend your legs and lie on your right side such that your feet and hips rest on the floor on top of each other. Place your right elbow under your shoulder, while contracting your core muscles lift your hips and knees off the floor. Hold on to the position for few seconds and come back to the normal position. Repeat the same on the other side.(Also read: How to Perfect the Plank Position)3. Sit UpsStrengthening the abdominal muscles is the advantage of this exercise. Start by lying flat on a floor mat, face up. You can put your arms behind your head or cross them in front of your torso. Now, keep your lower body still and move your upper body towards your knees. Take a deep breath and exhale as you go up. Inhale as you bring your body back to the mat. Make sure your arms are not pushing against your head and neck too much. You are supposed to use the abdominal muscles to move up and down, so make sure your neck is not strained during this exercise. Do this 10-15 times. 4. Russian TwistSit on a floor mat and bend your knees slightly, your heels should be flat on the mat. Now, start leaning back till you feel that the muscles of the abdomen are engaged. You could also come to this position by lying flat on the floor first. Now, bend your knees and raising your upper body towards the knees. You would be creating an imaginary V-shape with your torso and your thighs forming the arms of the V. Hold your arms straight in front of your face. Slowly twist from one side to the other. Make sure you are moving with the strength of your abdominal muscles and not your arms alone. As you get better at this exercise, you could try holding a ball or weights when moving from side to side. 5. Crunches Crunches are considered as the fastest way to burn the belly fat and are very easy to do at home without any equipment. They tend to build endurance and power in your belly muscles. Lie down flat on the floor, place your hand behind your head, bend your knees and place your feet flat on the ground. Lift your upper body off the floor, exhale as you go up and inhale as you come down. Repeat, for few minutes and relax.(Also read: How to Do Crunches?)Disclaimer:The opinions expressed within this article are the personal opinions of the author. NDTV is not responsible for the accuracy, completeness, suitability, or validity of any information on this article. All information is provided on an as-is basis. 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