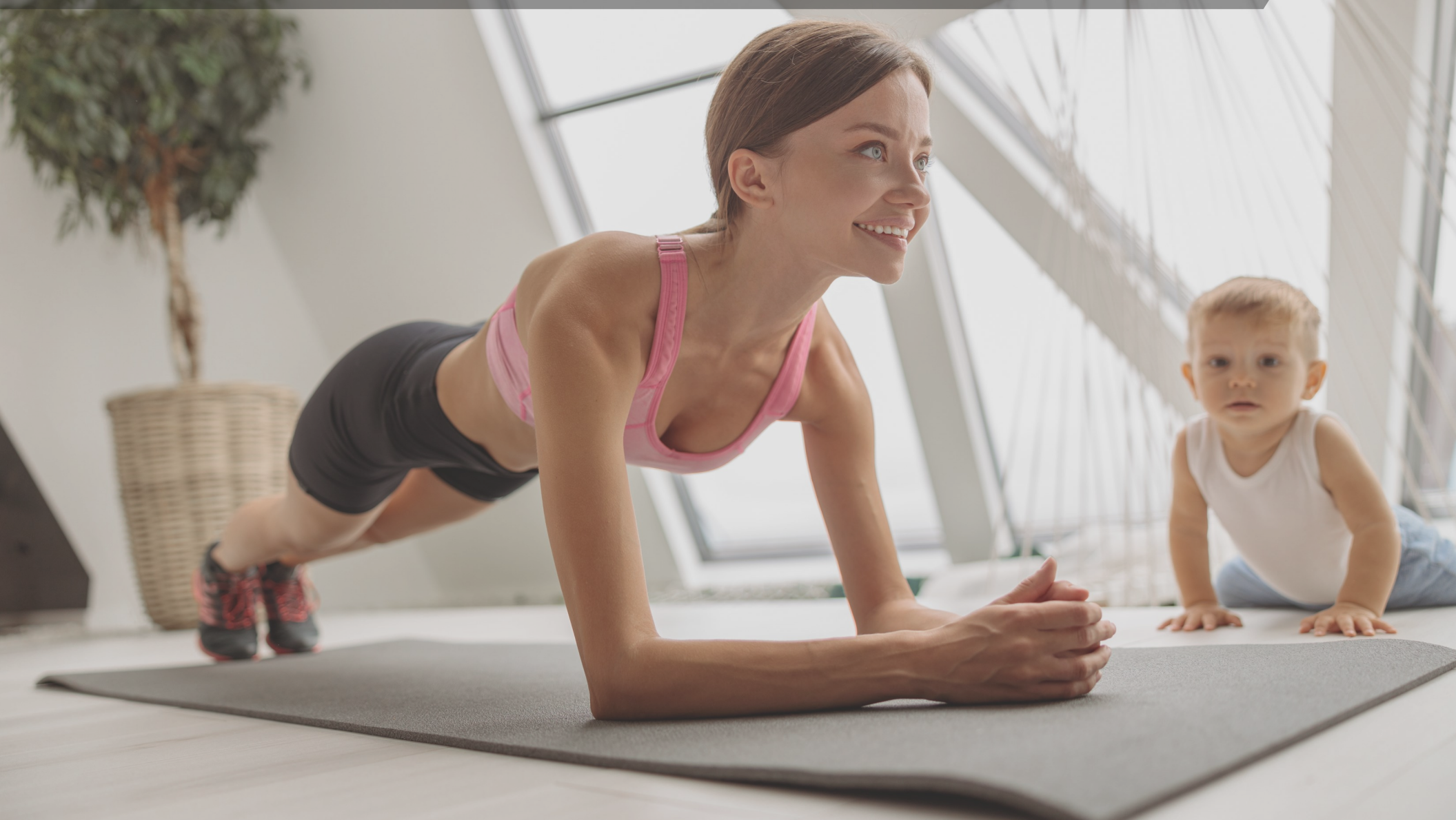


The Secret To A Flat Stomach

*Why Women Struggle To Tone And Shape
Their Mid-Section*

By Your Fit Perspective



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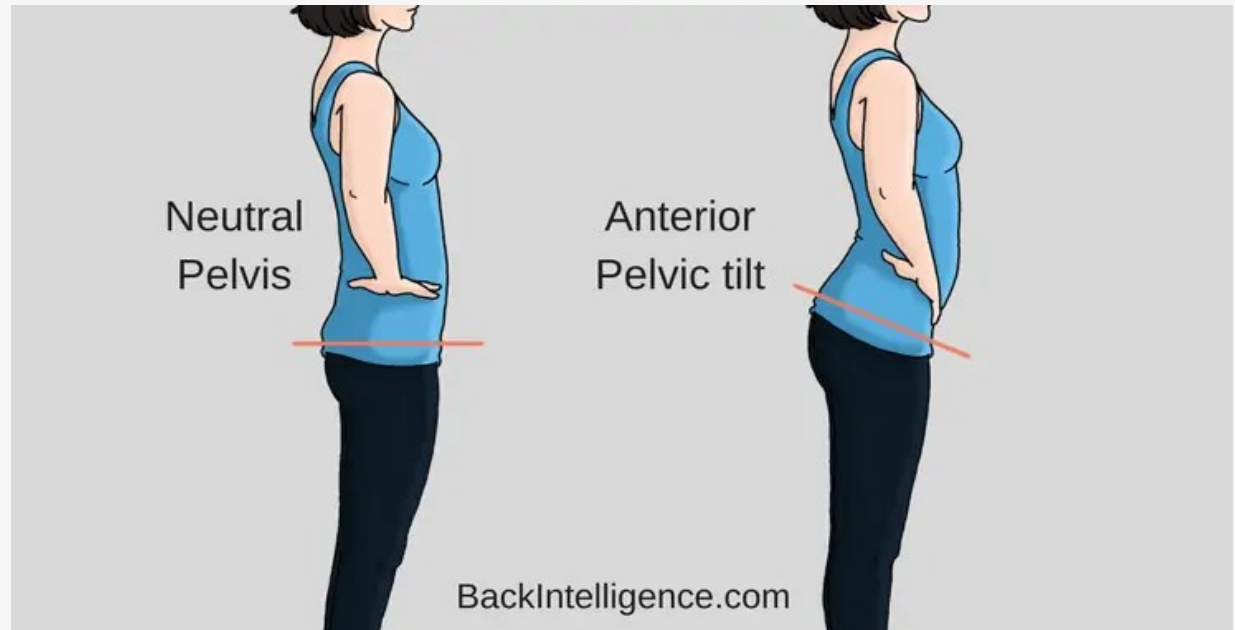
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The Reason Women Struggle To Flatten Their Stomach

Anterior Pelvic Tilt

Anterior pelvic tilt (also known as lower crossed syndrome) occurs when your hips naturally tilt forward whether you're sitting or standing, causing your low back to arch excessively.

This occurs when your low back muscles are very tight, and your core muscles are very weak. The imbalance of having a tight back and a weak front causes the exaggerated back arch.



Source: <https://backintelligence.com/anterior-pelvic-tilt-fix/>

For that exact reason, anterior pelvic tilt is extremely common in women who are or have been pregnant. As the baby grows, it stretches out the core muscles to make room, making them much weaker. At the same time, your body is making up for the extra weight by tightening the lower back. This is the perfect recipe for bad back posture, and it can last years after being pregnant. The only way to reverse this is to strengthen the core while loosening the lower back.

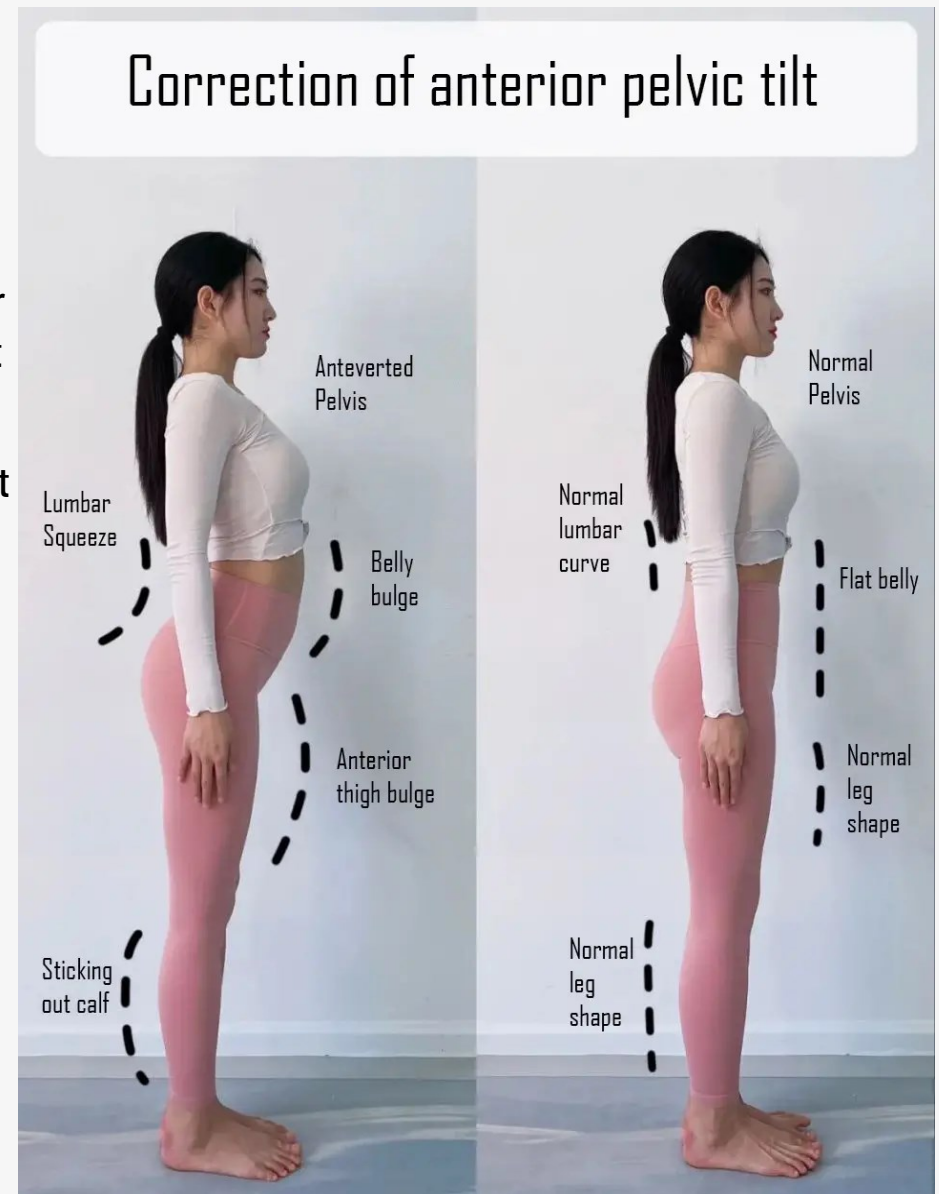
The Reason Women Struggle To Flatten Their Stomach

What Does This Have To Do With A Flat Stomach?

It's almost impossible to have a visually flat stomach if you have lower crossed syndrome because your hips and back are forcing your stomach to spill out in front of you. Even if you have low bodyfat, that "spilling" can look like a rounded belly.

So while it's important to diet and exercise for overall fat loss, it's just as important to make sure your posture is properly aligned.

The same can be said for any other form of bad posture, such as rounded shoulders. Whether you have a low or high bodyfat percentage, rounded shoulders and forward head will drastically reduce your confidence.



Source: <https://www.lemon8-app.com/user/6995414122/7086116478130356737?region=sg>

The Reason Women Struggle To Flatten Their Stomach

How Do You Know If You Have An Anterior Pelvic Tilt?

Some people have it so bad that they just know. If you're not sure though, here's a video showing a very simple test you can do at home:

1. [Perform the Wall Posterior Pelvic Tilt exercise as shown in this video.](#)
2. Make sure that throughout the movement, you're keeping your head, shoulders, and hips against the wall the entire time. At no point should they lose contact.
3. Also make sure your feet stay flat (some people cheat by getting on their toes), and keep your feet only about 3-6 inches from the wall. Any further will make it too easy.
4. If you're struggling to get your low back completely against the wall without losing contact, it's very likely you have anterior pelvic tilt.



Source: <https://www.youtube.com/watch?v=OIBQFR4CG6w>

The Reason Women Struggle To Flatten Their Stomach

How Can I Fix It?

Whether the test proved you have it, or you're confident you have it because of bad back posture, we'll teach you EXACTLY what to do to fix it.

This guide will go over:

1. Daily exercises that will help eliminate the excessive arch, which will also reduce your "belly bulge."
2. Workout tips so you can get a great core workout alongside your normal gym routine.
3. Nutrition to help reduce belly fat for a naturally smaller waste and flatter stomach.



Daily Mobility Exercises

The only effective way to fix posture (like anterior pelvic tilt) is with daily mobility exercises. Mobility exercises are basically special movements for correcting stubborn posture.

Here are 3 of the best mobility exercises you can start doing today for a flatter stomach:

Exercise	Sets	Reps	Notes
<u>Cat Cow</u>	1	5	<ul style="list-style-type: none">• Make sure you're focusing on your low back, not your upper back• Hold each end for a couple of seconds before switching
<u>Couch Stretch</u>	1	30 -60 Second Hold	<ul style="list-style-type: none">• Make sure your entire body is relaxed the entire time
<u>Wall Pelvic Tilt</u>	1	10	<ul style="list-style-type: none">• Make sure your head, shoulders, and hips stay against the wall• Try to suck your belly-button in as hard as you can while you press your low back• The longer you can hold each rep, the better
<u>Wall Bug</u>	1	10	<ul style="list-style-type: none">• Try to keep your low back as flat as you can the entire time• If this hurts your back, place your hands under your back instead of the wall

Note: None of these channels are associated with Your Fit Perspective. Please support the original creators

For best results, try to do all three exercises 3 times a day. Even better if you can shoot for more, and it's totally fine if you can't do 3. If you're doing at least one session a day, you're making progress!

Exercises To Strengthen Your Core At The Gym

On top of your daily mobility exercises, you can strengthen your core by following this simple workout tip:

Stick To Compound Free-Weight Exercises

Compound movements are exercises that work more than one joint at the same time. For example, squats are compound movements because your ankle, knees, and hips are all bending at the same time.

Free-weight exercises are exercises that don't involve machines. So this includes dumbbells, barbells, bodyweight exercises, and resistance bands.

The reason all of your exercises should cover both categories is this: compound free-weight exercise work your core far more than any other type of exercise.

Think about it. Your body activates the core when it has to be stable. Your core is what lets you move around with a straight back without your spine folding over.

If you're using any machine in the gym (like a leg extension machine), your core doesn't have to work at all because the seat of the machine is keeping your back straight. Compare that to a squat where nothing is supporting you. Your core has to work significantly harder when you do squats than when you're using a machine.

So, the more compound free-weight exercises you can add, the more you're working your core AND your entire body at the same time.



Exercises To Strengthen Your Core At The Gym

Here are a list of example compound free-weight movements you can add to your workouts:

Muscle Group	Bodyweight	Resistance Bands	Dumbbells
Core	Wall Bug	Pallof Press	Pullover Crunch
Quads (Thigh)	Split Squat	Band Squat	Goblet Squat
Glute/Hamstring	Hip Thrust	Single Leg Deadlift	Romanian Deadlift
Back	Wall Slide	Face Pull	Bent Over Rows
Chest	Pushups	Chest Press	Floor Press
Shoulders	Pike Pushups	Shoulder Press	Z-Press