

CoreTransformer - Get Hollywood Trim Abs

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Photo: Linda LaRue

Hollywood's hottest group fitness class is packing them in! Fit actresses Kate Beckinsale, Marcia Cross and Ally Walker have performed the workout – and their star-studded abs speak for the results. Classes feature a portable, affordable and accessible exercise tool to flatten and firm up your abdominals, back and hips. In fact, the celeb-filled CoreTransformer classes at [Equinox Fitness Clubs](#) across Los Angeles are only 30 minutes long, and yet every exercise targets the abdominals, hips, back and butt muscles in record time, and finishes with a great stretch, too. Led by creator of the best-selling [Crunchless Abs DVD](#) Linda LaRue, this exercise physiologist has now trained other instructors to teach this athletic method of conditioning the core in the most effective way.

"Great for those times when you're time-crunched – pun intended – this patented resistance tubing is engineered to move three dimensionally just like you do in real life, like a gyroscope," LaRue says. "Because you have resistance both on your hands and your feet, the resistance is constantly directed inward toward your core, which trains your abs and back more efficiently, and tones you up much faster." Plus, it zeroes in on our lowest, deepest core muscles which act like a natural abdominal corset, and helps banish that lower belly pooch. (Bonus: The class also sculpts your arms, legs and butt.)

LaRue is filming a DVD to debut in early 2010. Meanwhile, this core-crazy fitness expert offers truly innovative moves like the Core Transformer Boat Pose and other Pilates-based and traditional fitness exercises you can do with this [handy, affordable exercise tool](#) (\$19.95).

Check out AOL Health for a lesson in [increasing core stability](#).

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