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HOW TO GET YOUR POST-BABY BODY BACK IN SHAPE

By [Marianne Ryan](#) on June 05, 2015

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Image: [Donnie Ray Jones](#)

If you want to get back in shape following pregnancy (even if your babies are all grown up!) - in particular, if you want to get rid of your tummy - you may be tempted to start with some sit-ups or abdominal crunches because everyone knows that is the only way to a perfect washboard stomach, right?

Wrong! Sit-ups can actually give you a 'pooch' in your lower belly, rather than flattening it. So, instead of you wasting your time doing the wrong exercises, I will explain why sit-ups are an exercise to avoid plus I will teach you four simple exercises that will flatten your tummy in less than

10 minutes per day. (Note: Please read the [disclaimer](#) prior to performing exercises.)

NEXT: [The Problem with Sit-Ups and Crunches >>](#)

This article originally appeared on [babybodbook.com](#).

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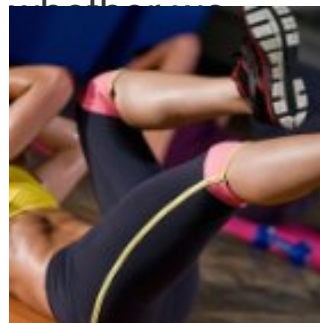
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ABOUT THE AUTHOR



[Marianne Ryan](#)

Marianne Ryan PT, OCS, is a physical therapist and board-certified orthopedic clinical specialist. She is an award-winning author of the international best selling book, [Baby Bod: Turn Flab to Fab in 12 Weeks Flat](#), Clinical Director of MRPT Physical Therapy in New York City, and a spokesperson for the American Physical Therapy Association Media Corps. With more than 30 years' experience, she specializes in helping women reclaim their bodies after childbirth. For information, visit [BabyBodBook.com](#).

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