



Violet Zaki

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Waist Management

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Weather: Possible T-storms, 83/65
SPORTS ★ FINAL
Wednesday, July 13, 2005
DAILY NEWS
NEW YORK'S HOMETOWN NEWSPAPER
50¢
DESPERATE WOMEN

MOVE OF THE WEEK

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THOMAS MCMASTER (L) / LEANS
DAILY NEWS
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Violet Zaki is the star of Self magazine's new exercise video, "Firm, Flat Abs Fast!" (www.amazon.com), which features the Spiral Ab Twist, one of her signature moves for creating a lean, strong, sexy middle. Kneel on the floor with your right knee in front, weight shifted onto your right outtock, spine long and tall. Place your right palm on the floor and extend your left hand up. Move your left arm and

to the right and scoop your hand between your right arm and torso; rotate from the middle and pull your abs in so you can really feel the obliques (sides of waist) working. Return to start. Do one to three sets of 12 reps on each side. "You'll feel this in your obliques almost immediately, especially if you move slowly and don't cheat," Zaki says.

L.N.