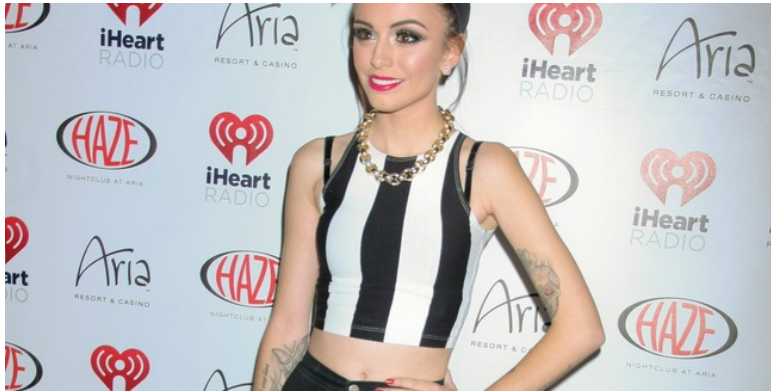


## This Season's Hot Trend: Crop Tops



### Crop tops are here to stay.

Even if you're not a fan of colder weather, you might at least be happy that the days of midriff baring warmer days are gone until next year. Not so fast, lady. Plenty of designers are showing the crop top into their fall and winter lines and they are being very well received. Our take? **Crop tops are here to stay.** But that doesn't have to give you the almost winter blues—just the opposite, you get into shape to wear them just like some of our fave celebs who are sporting the style.

Kim Kardashian, Gwyneth Paltrow, Cher Lloyd (pictured above) and Nicole Scherzinger are pairing them with high-waisted pants and midi skirts for an of-the-moment look. Without a personal trainer at our beck and call, you can still get your tummy toned to wear this look. You can do it at the gym, at home, at the office, even laying in bed—and your efforts will pay off because **crop tops are here to stay**, at least for now.

### Top Four Simple Ways to Get Your Tummy Fit for Crop Tops

- Incorporate toning into your daily routine. Says **Mike Gilliotti, New York based certified personal trainer and fitness nutrition specialist**, you can tone muscle anywhere, at home, in your office, at school. One exercise he suggests: while sitting in a chair, contract your abdominals, hold for 2 seconds and release. Doing 3 sets of 10 will begin to teach your ab muscles memory so they will be more engaged as you do other exercise like walking—giving them more definition.
- Ab targeted exercise. Another move **Mike** suggests fits into an exercise regimen—it's the plank. He instructs starting on your elbows and knees; then extend feet behind until you are in a push up position. Hold pose for intervals of 30 to 60 seconds. You'll feel it in your core as well as your shoulders and quadriceps!