



**Q11** Exercises for your abs are good for your

- esophagus
- core

**ANSWERS:** Q1 (what we need), Q2 (hold down), Q3 (contraption), Q4 (eat like a horse), Q5 (stay in shape), Q6 (walking), Q7 (fish out of water), Q8 (play it by ear), Q9 (call the guy over), Q10 (aerobic), Q11 (core)