

Abdominals

A wall, consisting of 3 layers of muscle on the sides of the torso, and one layer of muscle in the anterior centre of the torso. The muscle layers are:

Rectus abdominis

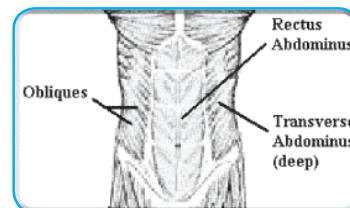
Visible as a "six pack." Bends the upper body toward the leg

Internal and External oblique

Twists the torso and bends the upper body toward the legs

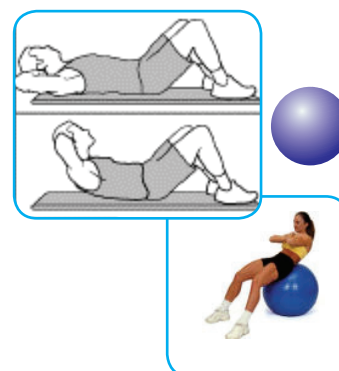
Transverse Abdominus.

Acts as a natural weight belt, keeping your insides in. This muscle is essential for trunk stability



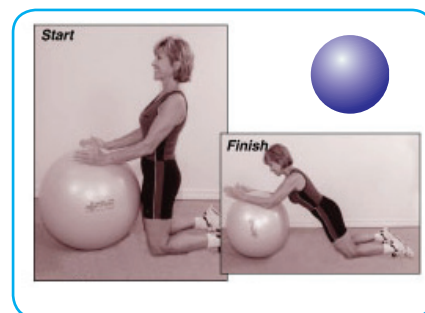
SIT UPS – MAIN TARGET – RECTUS ABDOMINIS

- Lie on your back
- Bend at your knees
- Place your arms across your chest or clasp hands behind your neck
- Slowly raise your shoulders toward your knees during a two-count, keeping your lower back firmly against the ground
- Count to two again as you lower your shoulders back to the ground under control
- Never pull with your hands behind your neck. This forces your neck vertebrae into a bad position
- During the exercise, focus on the contraction of the abdominal muscles
- This exercise can be done on the fitball



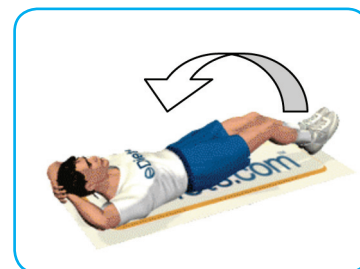
BALL ROLL OUT – MAIN TARGET – RECTUS ABDOMINIS

- Grab a Fitball
- Kneel and place your forearms on the ball with your hands clasped together and your arms bent
- Roll the ball to the starting position: directly below your shoulders
- Slowly roll the ball forward as far as you can extending your arm's without falling to the ground
- Focus on using your abs to roll the ball back to the starting position
- Make sure not to arch your back
- Repeat



LYING BENT KNEE RAISES – MAIN TARGET – RECTUS ABDOMINIS

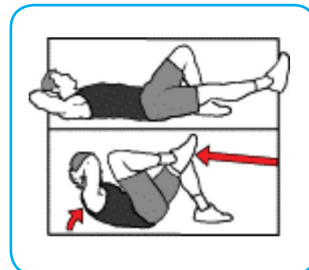
- Lie on your back with your feet on the floor and knees slightly bent
- Place your hands under your head for comfort and not support
- Slowly draw your knees toward your chest until they form a 90° angle with the floor
- Squeeze your Abdominals during the entire motion
- Return your legs to the starting position in a slow and controlled fashion
- Your back should remain comfortably against the floor during the entire motion



- Exhale while lifting your legs
- Inhale when returning your legs to the start position

ONE LEG CRUNCHES – MAIN TARGET – OBLIQUES

- Lie on your back with your right leg straight and your left leg bent with the left foot resting on the floor
- Raise your right leg a foot off the ground
- Do a crunch with your upper body while bending your right leg, bringing your right knee to your midsection
- Do as many repetitions as you can
- Then repeat with the left leg
- Do not twist



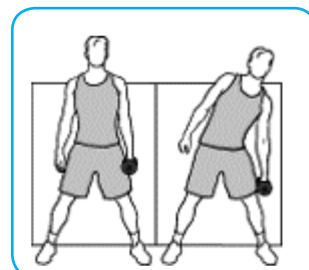
SIDE RAISES – MAIN TARGET – OBLIQUES

- Grab a stability ball
- Lie sideways with your hip resting on the ball and your feet against the bottom of a wall as if to anchor yourself
- Lower your torso as far as you can. (This brings you to the starting position)
- Raise your torso as high as you can
- Pause
- Then lower under control and repeat
- When finished, switch sides and repeat the exercise



SIDE BENDS – MAIN TARGET – OBLIQUES

- Stand with feet shoulder width and a half apart
- Hold a dumbbell in one hand at your side
- Keep your legs and the hand holding the dumbbell straight
- Bend your torso directly to the side the dumbbell is on
- Slowly rise back to an erect posture and repeat
- Once finished, grab the dumbbell with the other hand
- Repeat the exercise on the opposite side



OBLIQUE CROSSOVER – MAIN TARGET – OBLIQUES

- Lie on your back, knees bent, so your left foot is resting flat on the floor
- With your right knee bent, place your right foot across your left knee
- Your neck and head should be relaxed with your left hand at the side of your head and your right hand on the left side of your abdominals
- Curl your body up with a twisting movement, bringing your left shoulder toward your right knee
- “Unwind” as you slowly lower yourself back to the floor
- Touch your shoulders to the floor and repeat
- After completing the set number of reps on the left side, switch to the right side and do the same
- Don’t over twist your body (i.e., shoulder to knee instead of elbow to knee)

