

ABDOMINAL EXERCISES



CRUNCHES- Lie down on the floor on your back and bend your knees, placing your hands behind your head or across your chest. Pull your belly button towards your spine, and flatten your lower back against the floor. Slowly contract your abdominals, bringing your shoulder blades about one or two inches off the floor. Exhale as you come up and keep your neck straight, chin up. Hold at the top of the movement for a few seconds, breathing continuously. Slowly lower back down, but don't relax all the way. Repeat for 15 to 20 repetitions with perfect form for each rep.

KNEE RAISES- Sit crosswise, glutes slightly off the bench, hands gripping it just outside your hips. Lean back and raise your legs off the floor, knees slightly bent, to start. After leaning your torso forward while bringing knees toward the chest, exhale toward the top of the movement. Crunch your abs at the top, and then slowly return to the start position.



ROMAN CHAIR LEG RAISES- Position the body comfortably in a Roman chair. Place the legs in the appropriate position depending on the level of difficulty. Beginner-Bend knees. Intermediate-Raise straight legs to mid-body. Advanced-Raise straight legs as high as possible. Tighten the abs and make sure that the low back remains neutral or rounded. Curl the lower body up as high as you can. Hold for 1 to 2 seconds and slowly lower.