

# Abdomen Exercises

BY

**KARMIC INSTITUTE**

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**Paradise Nutrition Inc.**

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### Abdomens Exercises

#### Abdominal Crunches - The Best Abdominal Exercise - Build/Tone your abs now



**Purpose:-** To Build Abdominal Muscles, emphasizes upper abs

If there is only one exercise you want to do for Abs then it should be Abdominal crunches. It is the overall Abs Builder. Nothing compares to it.

Although **Abdominal Crunches** hit the Upper abs more than Lower abs by keeping your Legs raised you can keep a constant tension in the Lower abdominal Muscles thereby getting a complete **Ab Workout** with Crunches alone

**Execution Technique:-** This exercise can be performed on Ab machines or on flat ground without equipments.

#### **Steps:-**

1. Lie flat on your back, bending your knees. You can keep your feet on the ground or on a bench to give extra squeeze. You can keep your hands behind the neck or on the chest. This is shown in figure 1.
2. Now move your shoulders and trunk upwards towards your knees. This motion is called crunching. Try touching your chest to your knees. This is shown in figure 2.
3. Now lower your trunk to starting position.

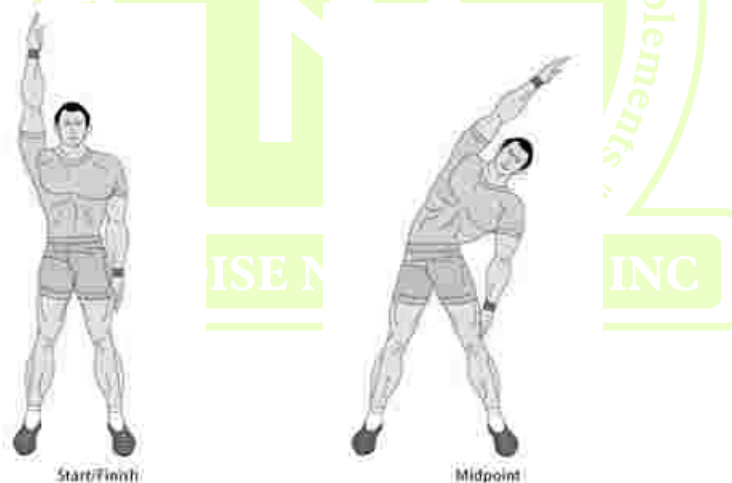
With time the regular crunch becomes easy. At this time you can add resistance by holding a 5 or 10 lb plate on your chest.

### Points to remember

- Keep neck and hands relaxed
- Go full range of motion.
- Avoid Jerky movements
- Perform as many reps as possible

Abdominal Crunches is the best abdominal exercise. Done properly it is very efficient at building abs. You may need to add reverse crunches to build.

### Side Bends - Abdominal Exercise to Build lateral abs



If Crunches build front abs then **Side Bends** build the lateral Abdominal muscles.

**Purpose:-** To Build Lateral Abdominal Muscles

Side Bends targets the oblique or side of the abdominal region. Isolating this area is difficult and side bends does this to perfection.

**Execution Technique:-** This exercise is performed using dumbbell or plates held in either hands. It can also be performed without

dumbbells for shaping lateral abs. If you have a thin waist and want to put more muscle then use dumbbells to offer resistance.

### Steps:-

1. Stand straight holding a dumbbell in each hand.
2. Now bend {crunch} towards the side opposite to the dumbbell.
3. Now return back to the starting position.
4. Now bend towards the other side and complete the first rep.

With time you can add resistance by holding bigger dumbbells.

### Points to remember

- Keep neck and hands relaxed
- Go full range of motion.
- Avoid Jerky movements

Perform as many reps as possible

### Leg Raises

The starting position is laid flat on the floor with your arms stretch out above your head. Your legs should be outstretched in front of you with a 20 to 30 degree bend at the knee ankles together. Keeping your head and back firmly on the floor raise your legs up 12 inches off the floor and tense your abdominals in that position for 2 seconds. Lower your legs but do not rest them on the floor, keep them 2 inches above the floor (this keeps the tension on the abs) hold this position for 1 second, then raise the legs to 12 inches above the floor and repeat the cycle for initially 10 reps. You will find that as you perform this exercise more often hat you will be able to do more reps, keep increasing the reps to get the burning feeling in the abs.

### Knee-Raises

To complete our 3 abdominal exercises for this month comes a favourite of mine for great results. The starting position is sit on the end of a flat training bench. For optimum results have your body at a 45 degree angle with your hands firmly grasping the sides of the bench. Extend your legs downwards in front of you ankles together so that your legs are in the same line as your body, feet just above the

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floor. Now simultaneously bring your knees up as far as you can towards your chest by bending your legs tensing your abs as you do so and hold for 1 second. Lower your legs to the starting position and repeat until you are unable to do anymore reps do 3 sets of this exercise.



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