

Abdominal and Core Exercises

Crunch

Purpose: Develop abdominal muscles



Starting Position:

1. Lie face up, bend knees and bring feet close to the buttocks.
2. Fold arms across chest, or place behind head, and tuck chin into the chest.

Procedure:

1. Lift with abdominal muscles the upper body towards thighs while keeping the lower back on the floor.
2. Lower shoulders and upper body slowly and with control.
3. Do not rest between repetitions

Variations:

1. Hold a weight on your chest.
2. Perform the upward motion in three stages, crunching harder at each stage. Slowly lower yourself after the third stage. (3-Count Crunches)

Crossover Crunch

Purpose: Develop the oblique and abdominal muscles



Starting Position:

1. Lie flat on your back with your hands cupped behind your head, elbows out.
2. With your knees bent, lay both legs over to the side as far as possible.

Procedure:

1. Keeping your shoulders parallel to the floor, perform a crunch.
2. Complete one set on your right side, and then switch to the left.

Key Points:

1. Keep your shoulders parallel with the floor throughout movement.
2. Avoid pulling on your head with your hands.

Variations:

1. Hold a weight on your chest or behind your head.
2. Perform the upward phase of the exercise in a segmented 3-count manner

Stability Ball Crunch

Purpose: Develop abdominal muscles through a full range of motion



Starting Position:

1. Lie back on a Physioball so that your back arches across the ball, positioning the ball under your hips.
2. Bend your knees at a 90° angle. Your feet should be flat on the floor.

Procedure:

1. Tighten your abdominal muscles and crunch, moving your ribcage towards your hips.
2. Hold for a second, then slowly return to the starting position.

Key Points:

1. Keep your abdominal muscles tight for balance.
2. When in the upward phase of the exercise, push your hips into the ball for stability.

Variations:

1. Extend your arms out overhead, or hold a weight on your chest.
2. Twist at the top of the crunch.
3. Have a partner press down on your shoulders at the top of the movement as you begin your descent to the starting position.

Body Crunch

Purpose: Develop abdominal muscles

Starting Position:

1. Lie flat on your back with your legs straight out in front of you.
2. Raise your feet and shoulders approximately one inch off the ground.
3. Cross your arms on your chest.

Procedure:

1. Simultaneously, perform a sit-up as you tuck your knees to your chest.
2. Hold for a second, then slowly return to the starting position.

Key Points:

1. Make sure you move your body evenly to stay balanced.

Variations:

1. Perform this exercise balanced on a bench.
2. Hold your arms over your head throughout the movement.
3. Keep your legs straight as you raise them.
4. Hold a weight on your chest.

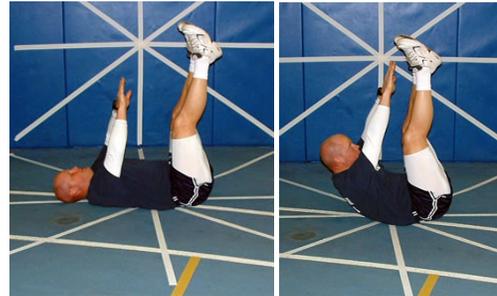


Toe Reach

Purpose: Develop abdominal muscles

Starting Position:

1. Lie flat on your back with your legs straight up in the air, toes pointed at the ceiling.
2. Extend your arms straight up in the air.
3. Your hips, back and shoulders should all be touching the floor.



Procedure:

1. Contract your abdominal muscles as you reach for your toes. Your back and shoulders should rise off the ground.
2. Hold the up position for a second, then slowly lower yourself.

Key Points:

1. Do not round your shoulders in an attempt to reach your toes.
2. Keep your legs and toes pointed at the ceiling throughout the exercise.

Variations:

1. Hold a weight in your hands.
2. Alternate from side to side, reaching across toward the outside border of your foot.

Straight Leg Raise

Purpose: Develop abdominal and hip flexor muscles

Starting Position:

1. Lie flat on your back with your legs extended out in front of you, hold your heels about 6 inches off the ground.
2. Place your hands palm down under your hips.

Procedure:

1. Keeping your legs straight, raise your feet until they point towards the ceiling.
2. Slowly lower your legs to the start position.

Key Points:

1. Keep your low back pressed to the floor throughout the exercise.
2. Do not allow your heels to rest on the ground until you are finished with your set.

Variations:

1. Hold a small weight or medicine ball between your knees or ankle



Hip Raise

Purpose: Develop abdominal muscles

Starting Position:

1. Lie flat on your back with your legs straight up in the air, toes pointed at the ceiling.
2. Extend your arms straight out on the floor beside your body.
3. Your hips, back and shoulders should all be touching the floor.

Procedure:

1. Contract your abdominal muscles as you press your feet toward the ceiling.
2. Your shoulders should remain in contact with the floor throughout the exercise.
3. Hold the up position for a second, then slowly lower your hips back down.

Key Points:

1. Keep your legs and feet pointed at the ceiling throughout the entire exercise.
2. Do not use your arms or the momentum from your legs to lift your hips off the ground.

Variations:

1. Hold a medicine ball between your knees or feet to add resistance.
2. Hold a length of elastic tubing in your hands and across the arches of your feet



Floor Wiper



Purpose: Develop the oblique and abdominal muscles

Starting Positions:

1. Lie flat on the floor with your legs together and straight out.
2. Place your arms at your sides with your palms down.

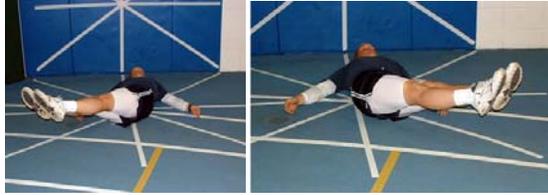
Procedure:

1. Reach your right hand down your side trying to touch your knee. Your left shoulder should raise slightly.
2. Hold for a second, then return to starting position.
3. Repeat on the other side.

Key Points:

1. Maintain your torso in contact with the floor, this is your source of resistance.

Wipers



Purpose: Develop the oblique and hip flexor muscles

Starting Position:

1. Lie on your back on a bench with your hips at the edge.
2. Grasp the bench or an immovable object (power rack) above your shoulders.
3. Extend your legs upward towards the ceiling, knees unlocked.

Procedure:

1. Lower your legs to the one side, using your full range of motion.
2. Hold for a second then return to the starting position.
3. Repeat on the other side.

Key Points:

1. Keep your legs straight throughout the exercise.
2. Keep the movements smooth and fluid, don't move too quickly and create excessive momentum.

Variations:

1. Perform exercise with a small weight or medicine ball between your knees or ankles.

Twist



Purpose: Develop the oblique and abdominal muscles

Starting Position:

1. Sit back on a decline bench, back extension machine or on the floor, place your hands behind your ears.
2. Hold your torso at a ~45o angle to the floor.

Procedure:

1. Twist your upper body as far as you can to the right.
2. Hold for a second then twist as far as you can to the left.

Key Points:

1. Make sure you twist through your full range of motion.

Variations:

1. Perform exercise on the floor balancing on your hips (Side-to-Sides).
2. Hold a weight plate at the middle of your torso with your elbows locked into your sides.

Superman

Purpose: Develop muscles of Lower Back

Starting Position:

1. Lay face down on the floor with your arms extended above your head.
2. Your legs should be slightly closer than shoulder width apart.
3. Keep your chin in contact with the ground.

Procedure:

1. Raise your arms six inches off the ground while simultaneously raising your legs six inches off the ground.
2. Hold for a two count.
3. Return to starting position and repeat.

Key Points:

1. Do not raise your arms or legs more than six inches off ground.

