

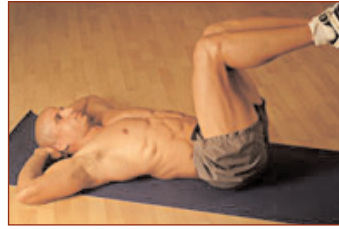
LOWER ABDOMINAL EXERCISES

1



Pelvic tilt

Assume the position with feet shoulder width apart. This is one of the simplest and most effective exercises for also working the lower abs just as well. Concentrate on lifting your lower torso upwards holding for a full two seconds at the top of the movement, then lower and repeat.



Knee Up

Assume the above position with feet off the floor and thighs perpendicular. Curl your hips towards your lower spine to rotate the pelvis backwards. Your knees will lift upwards but the action takes place at the hips. This exercise can also be done to the side to work the obliques.



Single Leg Press

Assume the above position with legs close together, knees bent and feet on floor. Lift one leg, but with an angle in your knee and lift upwards. The difficulty of the movement increases as the leg is lengthened. This is not an exercises that can be taken to failure, but is a great beginner exercise. Be sure to work one side first and then repeat on the other side.



Swiss Ball Pelvic Tilt

Assume the above position with feet firmly on a Swiss Ball or similar object. This is a slightly more advanced version of the traditional pelvic tilt. You must be able to perform this exercise (think of flattening your lower back against the floor) and hold the contraction before you can safely attempt more advanced movements. Lift your lower torso upwards holding for a full two second count, lower and repeat.



Swiss Ball Leg Lift

Assume the above position with hands firmly grasping a sturdy object or bench. Without doubt one of the most effective lower abdominal exercises, the first thing you should do is position the Swiss ball approximately two feet from a bench or whatever you will be holing on to, then sit down on to the Swiss ball and lie back. You should then extend your arms behind your head and grasp the object you will be holding on to. Ensure both your hips and shoulders are positioned on the ball at all times. Bend your knees a bit and slightly point your toes. Take a deep breath, and begin contracting your lower abdominals, lifting your legs and curling your hips up towards your shoulders. Continue to slowly raise your slowly.



Knee Up

Assume the above position with feet off the floor and thighs perpendicular. Curl your hips towards your lower spine to rotate the pelvis backwards. Your knees will lift upwards but the action takes place at the hips. This exercise can also be done to the side to work the obliques.



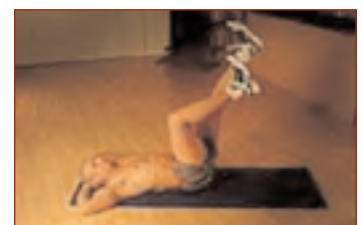
Seated Knee Up

Assume the above position using a bench or sturdy chair. Stabilize your body, lean back slightly and extend your legs down and out in front of you, bringing your knees into your chest as far as possible. Raising your feet increases the level of difficulty. Two seconds positive and two seconds negative and then repeat the exercise.



Double Crunch

Assume the above position with legs off the ground and hands behind head. Effectively this is two exercises in one. Perform the crunch and a shortened version of the reverse crunch at the same time, so that your knees and elbows meet at the same time, crunching your abs hard at the top of the movement. This exercise requires a good deal of strength and coordination, but once mastered will hit both the lowers and uppers in one go.



Air bike

With your back firmly on the floor and hands behind the head, slightly bend one knee. As you bend one knee your opposite shoulder should move towards it, crunching your abdominals during the movement. You should alternate each side. This movement demands excellent strength and coordination. For Advanced candidates only.

LOWER ABDOMINAL EXERCISES

1



Reverse on Incline

Performed as you would a reverse crunch. Changing the angle of the bench increases the difficulty of the movement.



Hip Thrust

Use your abs to lift your buttocks off the floor a few inches, pushing your heels towards the ceiling. Hands should be kept by your sides for stability.



Reverse Crunch

Start this exercise with your feet just off the floor, thighs perpendicular, and use your lower abs to roll your pelvis backward to raise your hips, your knees will be over your chest.

LOWER ABDOMINAL WORKOUTS

BEGINNER WORKOUT



Knee Up



Single Leg Press



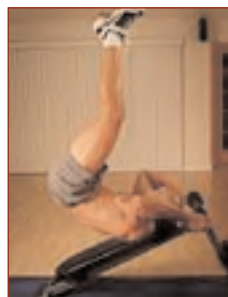
Pelvic tilt

Please consult the website for Set & Rep information

ADVANCED WORKOUT



Seated Knee Up



Reverse on Incline



Double Crunch

Please consult the website for Set & Rep information