

## OBLIQUE ABDOMINAL EXERCISES

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### Broom Twists

Assume the above position with legs spread and back upright. Broom or barbell req. Using deliberately slow movements to prevent momentum from causing you to cheat., concentrate on twisting at the waist and not the hips or legs. This is a great exercise to work those sides, for increased difficulty use a barbell with light to medium weights.



### Reverse Trunk Twist

Assume the above position with hands grasping a bench or chair, legs bent. Keep your shoulders on the floor at all times. The relative position of your knees, hips and pelvis should remain constant throughout the movement; knees should be bent. You can do this with a low cable secured just below your knees for added resistance. Alternate sides or do one side first.



### Side Jackknife

Assume the above position with leg extended and one arm behind your head. Bring your torso and straight top leg toward each other as you pull with your obliques. Your elbow and knee should almost touch.



### Oblique Crunch

Assume the above position with bent knees lying on your side. Keep the movement in the lateral plane as much as possible to emphasise contraction of the obliques. Maintain a bend in your knees to take pressure off your lower back. Crunch your obliques hard at the top of each movement. Hold the position for the count of two seconds and lower to the starting position.



### Oblique on Bench

Assume the above position with legs secured under the rollers. Securing your feet brings in the hip flexors to some degree, but you also get a better range of motion for the obliques. This exercise is performed as the Oblique Crunch and can also be done with a twist, from the face up position, which also brings the upper abdominals into play. This exercise can also be done on a roman chair.



### Side Leg Raise

Assume the above position with legs extended lying on your side. Knees should be slightly bent throughout this exercise, raise your legs off the floor while you contract your obliques to raise your shoulder off the floor at the same time. This exercise requires coordination and strength.



### Swiss Ball Side Crunch

Assume the above position with feet firmly placed on a Swiss ball or chair. Perform as you would an oblique crunch, the addition of a Swiss ball or chair places added pressure on the obliques. The aim is to touch your knee with your elbow, be sure to alternate sides after successful completion of one set for one side.



### Decline Bench Twist

Assume the position with a decline of 20-30 degrees. Hands behind head. From the starting position slowly contract your left oblique muscles whilst your twist your torso to the right, moving your elbow toward your right knee. When you reach the position where your elbow is almost touching your knee, return to the starting position and repeat on the other side.



### Cross Crunch

Assume the above position with your left leg positioned across your right knee. Flex your abs even before beginning the exercise and envision pushing your lower back into the floor. Aim your right elbow towards your left knee while you slowly breath out and continue to flex your abdominals as hard as you can, be sure to contract your abs for two seconds at the top of the movement before returning to the starting position. After a set, switch sides.

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### Reach & Catch

Assume the above position with your feet shoulder width apart. Imagine you are reaching to catch a pass, with your arms straight, reach to the outside of your knees as high as you can go, alternating each side.



### Crossover Split Leg

Assume the above position with your legs almost 90 degrees. With your legs in the air and spread, extend your arms to touch your toes, alternating sides. Make sure each movement is controlled, contracting your abs hard each time. To increase the difficulty of this exercise place your hands behind your head.



### Cross Body Crunch

Assume the above position with one leg extended and the other slightly bent. With your legs in the air and spread, extend your arms to touch your toes, alternating sides. Make sure each movement is controlled, contracting your abs hard each time. To increase the difficulty of this exercise place your hands behind your head.

## OBLIQUE ABDOMINAL WORKOUTS

### BEGINNER WORKOUT



### Oblique Crunch



### Reach & Catch



### Broom Twists

Please consult the website for Set & Rep information

### ADVANCED WORKOUT



### Oblique on Bench



### Swiss Ball Side Crunch



### Reverse Trunk Twist

Please consult the website for Set & Rep information