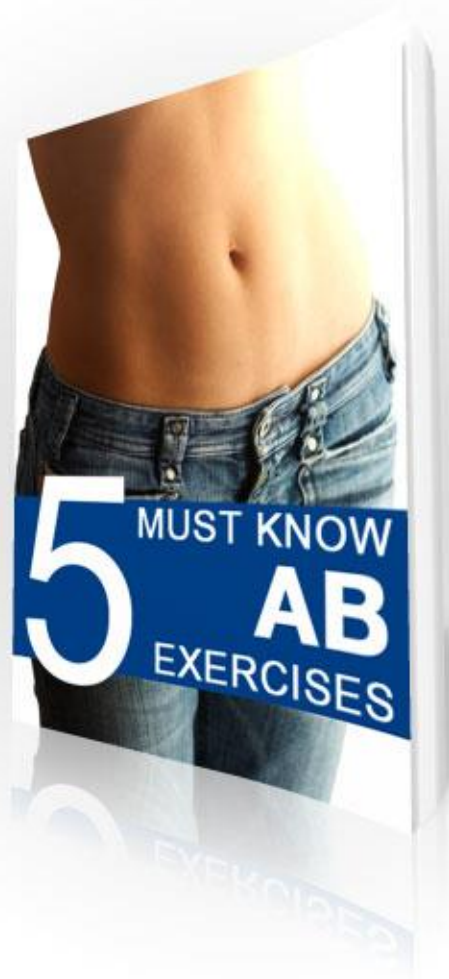


Five Must Know Ab Exercises + Bonus Core Workout & Stretching Diagram



Before we jump right in to the 5 Golden Exercises, we need to get a few things out on the table. Listen up here, because the next few paragraphs are going to make or break your tummy tightening dreams.

While ab exercises are great for strengthening and toning your abdominal muscles, solely doing these exercises will not make your abs flat. In fact, getting that perfect midsection is a process that takes more than a little time sweating in the gym. It takes hard work, and a game plan.

The only way to wash board abs is to lose the body fat that is currently residing in that area. The way to lose body fat is to:

- 1) Participate in regular cardiovascular exercise.
- 2) Maintain a full body strength training routine.
- 3) Eat a nutritious, calorie specific, healthy diet.

Did you get all that? It may seem overwhelming at first, but the key here is to change your lifestyle to one that promotes weight loss rather than fat storage.

So you know that you need a weight loss promoting lifestyle in order to melt away the pounds, but how about those 5 golden exercises?

The key that makes these exercises golden is the fact that, when done together, they use all of the muscles in your abdominal region. Often times people will only do crunches, and while these are great, they are neglecting to strengthen the other 75% of their midsection.

There are four basic types of abdominal exercises.

- 1) Ones that focus on your upper abs
- 2) Ones that focus on your lower abs
- 3) Ones that focus on your oblique's (sides)
- 4) Ones that focus on your entire core

*Core stability and core strengthening is important too, so make sure to work your lower back. For this report, we'll be focusing on abdominal exercises.

*Make sure you don't have any back/neck injuries as some of these exercises will not be suitable for you. Consult your doctor

Exercise #1: The Crunch

The basic crunch should be a staple in your arsenal of abdominal exercises. This classic movement concentrates on your upper abs.



Starting Position: *Lie on your back on the mat with your knees bent and feet flat on the floor. Support your head by placing your hands behind it, and keep your eyes turned up towards the ceiling throughout the entire movement.*

Movement: *Exhale as you raise your upper body up a few inches off of the mat by contracting your abs. Be sure to keep your back straight and avoid pulling yourself up with your hands. Hold yourself in this contracted position for a moment before slowly lowering yourself back down to the starting position.*

Exercise #2: The Oblique Crunch

The Oblique Crunch does just what its name proclaims – works on your obliques. Make sure to do an even amount of crunches on each side for a symmetrical look.



Starting Position: *Lie on an exercise matt with your knees bent and hands behind your head. Lift your left leg so that your knee is at a 90 degree angle, and the lower part of your leg is parallel with the floor.*

Movement: *Exhale as you bring your right elbow in towards your left knee, while squeezing your abs. Inhale as you slowly extend your leg back out to the starting position.*

Exercise #3: The Exercise Ball Crunch

Exercise Ball Crunches are great for your entire core. All of your abs are used in the stabilization process as you crunch.



Starting Position: *Lie with your upper back on an exercise ball and your feet flat on the ground in front of you. Support your head by placing your hands behind it, and keep your eyes turned up towards the ceiling throughout the entire movement.*

Movement: *Exhale as you raise your upper body up a few inches off of the ball by contracting your abs. Be sure to keep your back straight and avoid pulling yourself up with your hands. Hold yourself in this contracted position for a moment before slowly lowering yourself back down to the starting position.*

Exercise #4: The Toe Touch

This is another great exercise for your upper abs, however, you can easily make this exercise more challenging by lowering your legs with each repetition. This will recruit the use of your lower abs as well as your upper abs and will make for a more strenuous workout.



Starting Position: *Lie on an exercise matt flat on your back with your legs up in the air and your arms outstretched above your head.*

Movement: *Exhale as you raise your arms up and reach your toes. Hold yourself in this contracted position for a moment, and then inhale as you slowly lower your arms back down until they almost touch the matt.*

Repeat your required repetitions before allowing your legs to touch back down onto the matt.

Exercise #5: The Hanging Leg Raise

While this exercise is very challenging and not recommended for beginners, it is very effective. It focuses on your lower abs, tightening that stubborn area.



Starting Position: *Position yourself in the roman chair by gripping the handles and placing your elbows against the pads, or grip overhead handles and allow yourself to hang.*

Movement: *Exhale as you raise your knees up towards your chest. Remember to keep your back flat against the back pad, or if hanging, try to keep yourself from swinging. Hold yourself in this contracted position for a moment, and then inhale as you slowly return your legs back down to the starting position.*

Bonus: CORE WORKOUT

Complete the following exercise circuit. Complete each individual exercise for 30 seconds and complete the whole circuit twice. We will be covering these exercises in your sessions.

- 1) Bird dog
Superwoman!)



- 2) Superman (or



- 3) Center Plank
each)



- 4) Side Plank (both sides- 30 seconds



- 5) Leg Raises



- 6) Hip Bridges



Stretching Exercises



1. Neck Flexion/Extension Stretch
(forward, then back)



2. Neck Lateral Flexion Stretch
(one side, then the other)



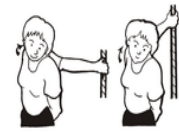
3. Latissimus Dorsi and Posterior Deltoid Stretch
(link hands, push elbows together)



4. Triceps Stretch
(pull elbow across and down)



5. Shoulder Rotator Stretch
(using towel, pull up with the top arm then down with the other)



6. Pectoral Stretch at 90° and 120°
(use a doorway or post)



7. Bicep Stretch
(hands apart)



8. Supraspinatus Stretch
(keep elbow parallel to ground)



9. Wrist Extensor Stretch
(tilt head to opposite side, keep elbow straight)



10. Thoracic Extension Stretch
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



11. Lateral Flexion Stretch
(one side, then the other, push pelvis across as you bend)



12. Lumbar Extension and Abdominal Stretch
(be gentle if sore)



13. Lumbar Flexion Stretch
(be gentle if sore)



14. Lumbar Rotation Stretch
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



15. Hamstring Stretch
(straighten leg)
i. with foot pointed
ii. with foot pulled back towards the knee



16. Hamstring Stretch
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



17. Adductor Stretch
(push down with elbows on knees very gently, keep back straight)



18. Gluteal Stretch
(pull knee and lower leg towards opposite shoulder)



19. Gluteal and Lumbar Rotation Stretch



20. Quadriceps Stretch
(keep pelvis on floor)



21. Quadriceps Stretch



22. Adductor Stretch
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



23. Hip Flexor Stretch
(keep back straight, tuck bottom under, lunge forward on front leg)



24. Tensor Fascia Stretch
(continue to push bottom forward, whilst pushing hip to the side)



25. Gastrocnemius Stretch
(keep knee straight and heel down, feet facing forward)