

THREE EXERCISES TO BUILD GREAT ABS!

#1 Jackknife on a Stability ball

Get into plank position with your hands on the ground and your feet up on an exercise ball. Make sure your body is in a straight line, abdominals tight. Aim for a straight line from the base of your neck to your ankles. Draw your knees to your chest and extend them out again.

Start off by just holding the plank position, 3 sets of 10-12 sec.

Intermediate /Advanced -3 sets of 10 - 15 reps.

#2 Knee-ups

Sit on the edge of the side of the bench or couch. Place your hands on the sides of your body, holding the edge of the bench. Kick your legs straight in front of you, toes flexed and lean your body back, so your body is at an angle. Simultaneously, bring your knees and your chest towards each other, meeting perpendicular in the middle of the bench. Then return to the starting point.

Start off by holding position "A" 3 sets for 10- 12 seconds.

Intermediate/Advanced - Do the entire exercise 3 sets for 10 -15 reps.

#3 Standing Oblique Twist

Stand with your feet shoulder-width apart and arms out straight, shoulder height and palms press together. Then twist "quickly" side-to-side, feeling the burn. Be careful not to over extend and cause pain to the spine.

Start off by aiming for 3 sets of 10 to 12 reps. Intermediate/Advance - 3 sets of 15 to 20 reps.