

Tips for Designing an Effective Abdominal Exercise Routine

- Select 5 to 10 exercises that combine:
 1. **Spinal flexion** - such as:
 - Ab Crunch on an Exercise Ball
 - Long Arm Crunch
 - Reverse Crunch
 - Basic Crunch
 - Captain's Chair
 2. **Rotation** - such as:
 - Bicycle Crunch
 - Seated Oblique Twists with Medicine Ball
 3. **Lateral Flexion** - such as:
 - Crossover Crunch
 - Standing Side Bends
- Perform 10 repetitions of each exercise and move to the next exercise.
- Change your exercise routine every 2 to 3 weeks.
- Maintain good form with each muscle contraction.
- Contract your abs and pull your belly button in toward your spine with each contraction.
- Maintain a slow and controlled movement.
- Support your head when you need to, but don't pull on your head or pull your chin to your chest.

