

# EXERCISES FOR THE ABDOMINALS

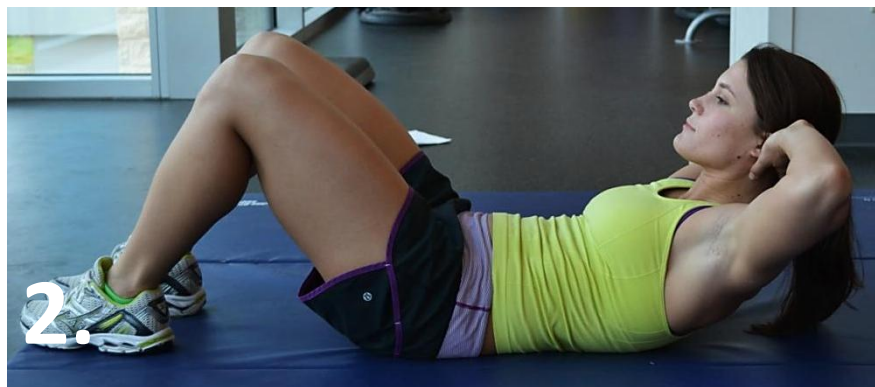
**CRUNCH:** This exercise develops the upper abdominal muscles.

**Instructions:**

1. Lie on the floor with the knees bent and the arms extended or crossed with hands on shoulders or palms on ears. If desired, legs may rest on bench to increase difficulty. For less resistance, place hands at side of body (do not put hands behind neck). For more resistance, move hands higher.

2. Curl up until shoulder blades leave floor, and then roll down to the starting position. Repeat.

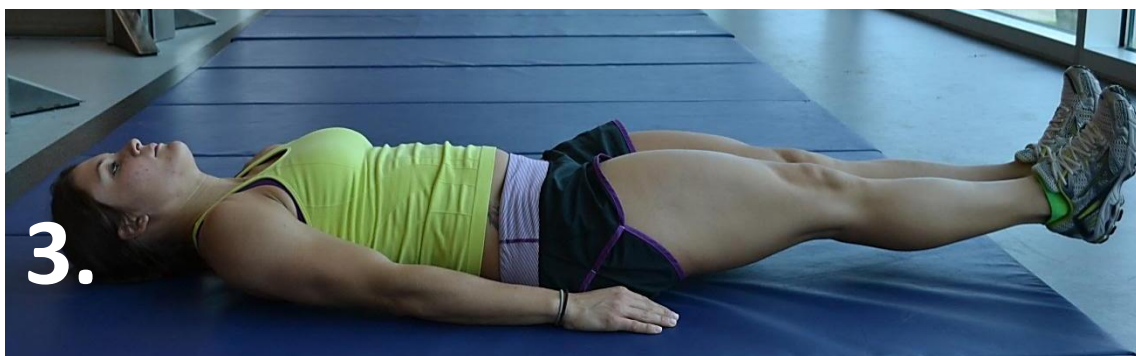
**Note:** Twisting the trunk on the curl-up develops the oblique abdominals.



**REVERSE CURL:** This exercise develops the lower abdominal muscles.

**Instructions:**

1. Lie on the floor. Bend the knees, place the feet flat on the floor, and place arms at sides.
2. Lift the knees to the chest, raising the hips off the floor. Do not let the knees go past the shoulders.
3. Return to the starting position or extend legs without touching the floor. Repeat.



**BICYCLE KICK WITH TWIST (Bicycles):** This exercise strengthens the oblique abdominals.

**Instructions:**

1. Lie on your back with your knees bent and feet in the air. Arms may be extended or on shoulders or hand on ears (the most difficult).
2. Same as crunch except twist the upper trunk so the right shoulder is higher than the left. Reach toward the left knee with right elbow. Hold. Return and repeat to the opposite side.



**DOUBLE CRUNCH:** This exercise strengthens the lower abdominals, increases your endurance, improves posture, and helps prevent backache.

**Instructions:**

**(This is an advanced exercise and is not recommended for people who have back pain.)**

1. Sit on floor with feet raised, arms extended for balance.
2. Lift the upper body until shoulder blades leave the floor and at the same time pull legs into chest with elbows almost touching the knees, keeping abdominals contracted.
3. Hold position for a second then lower both upper and lower body at the same time to start position. Repeat.

