

fit squad – 21/05/2012



Question

Apart from crunches, how can I strengthen my abs?

Answer

There is a range of information on the market today promoting how you can build and define your midsection. Whether you do traditional crunches or use a stability ball, it is important to remember that you need to combine exercise and diet to keep your body healthy.

If you are looking for a new ab workout, here are some ideas:

- **Hip Lift:** lying on your back, the motion of lifting your hips toward the air has more resistance and is more effective to burn stomach fat.
- **Ball Roll:** rolling your legs toward you on a stability ball is another effective way to work the lower body and abdominal muscles.
- **Scissor Kicks:** this stomach exercise also requires lying on the floor. Position your hands under your butt, keeping your back pressed against the floor. Slowly raise one leg to a height of about ten inches, then slowly lower it back to the floor. As your lower one leg, raise the other. Repeat this motion for an entire set.
- **Bicycle crunch exercise:** Lying with your back flat on the floor and rotating your legs in a bicycle motions. This ab exercise generally ranks at the top of the list of best ab exercises if done properly.

It is recommended that you start with exercises and repetitions that are comfortable for your fitness level . Three to five abdominal exercises several times a week will get your abs into shape. As you improve, increase the number of repetitions and vary the types of ab exercises you are doing. Varying your routine over the coming months will ensure your body continues to get the full benefit of your workout. It is important to remember however that the key to shedding unwanted love handles is a combination of full-body exercise and diet.

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