

25 Pdf Articles: Stomach Exercises

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All About Working The Transverse Abdominals A group of muscles that often gets neglected in stomach exercise routines are the transverse abdominals, the core muscles that lie below the rectus abdominus. Most abdominal exercises target the rectus abdominus and the vertical abdominals, ignoring the transverse abdominals. Even crunches, the staple of most abdominal workouts, do nothing for the transverse abdominals. These muscles are actually the most important to target, however, as they connect to both the lower back muscles and the rectus abdominus and form a girdle for the entire abdomen. Any routine aimed at flattening the stomach should include the transverse abdominals as a focus. Using the following exercises, you can work out your transverse abdominals and really make progress on that flat tummy. As with any workout routine, be sure to consult a professional before beginning and always warm up properly to avoid injury.

Pelvic Tilts This stomach exercise requires lying on your back on a flat surface, such as the floor or a bench. Use a mat or towel to cushion your spine. Bend your knees so that your feet are flat on the floor. Raise your pelvis (and only your pelvis) off the floor, hold momentarily, and then lower it back down. Repeat for an entire set. Maintaining a controlled movement is crucial to this exercise. This will allow you to use your abdominal muscles, rather than your body's momentum, to do the work on the exercise. Also, be sure to keep your upper body on the floor throughout.

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