

Advanced Stomach Exercises

These advanced stomach exercises are only going to be able to be performed by trainers who have mastered the beginner and intermediate stomach exercises. If you do not do it in this order you will not get the benefits the core exercises can offer.

Exercise 1.



Exercise name – Hanging leg swing.

Target muscles - Whole stomach area. (rectus abdominis, obliques)

This is one of the hardest exercises and requires good strength in the arms and back to allow you to hold on to the bar and keep yourself in the position. If you find that you are unable to keep yourself in this position then you need to work on chin ups before you can do this exercise.

To perform this excellent exercise you must take the bar and pull yourself half way up. Then lift your knees up to 90 degrees and curl your back so that your legs are higher than your hips. From this position you need to twist your hips and legs from side to side whilst keeping your legs above your hips.

You will feel this exercise working all of the core and stomach area very well. Try to time your self to see how long you can do this exercise for and keep twisting continuously throughout. Complete 3 sets.

Exercise 2.

Exercise name - Swiss ball twisting jack knife.



Muscles targeted - Rectus Abdominis/obliques

When completing this exercise you need to concentrate on balance and co-ordination. First get in the press up position with your feet on a swiss ball. Then all in one movement tuck your knees in and twist your lower half to one side. Your hips should stay at the same height throughout this whole movement. After you are tucked right up in a twisted position you then return to the beginning by uncoiling yourself and twisting back to the original press up position.

Once you are able to complete the advanced exercises you should be on your way to a flat stomach. Next step is to move on the harder elite stomach exercises.