

# Beginner Stomach Exercises

This list of exercises are the most effective stomach exercises for the beginner.

Before working your way through the stomach exercise series it is advisable to ensure that your core conditioning is good by mastering my three simple core exercises. □ It is also vital that you at least try the beginner exercises before moving on to intermediate and advanced as there is no point trying an advanced exercise before you can't do a beginners exercise because you will not get the full benefit from it.

## Stomach Exercise 1.

**Exercise name** - 4 Point Vacuum.



**Prime mover** - TVA (transverse abdominis)

This exercise targets TVA which is a corset like muscle that stabilizes the spine to protect it during lifting and also holds the stomach in. So no this will not develop your 'six pack' but it will reduce the risk of back injury, reduce current back pain and hold your stomach in and produce a flatter stomach.

To carry out this exercise kneel down on all fours so that your knees are below your hips and your hands are below your shoulders.

Keeping a neutral spine throughout, draw your stomach in as much as you can. To do this try to pretend that you are trying to zip up a pair of trousers that are too small for you.

Really draw your belly button in towards your spine.

Hold this vacuum for 10 seconds and then relax. Repeat for 10 X 10 second sets.

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## Stomach Exercise 2

**Exercise name** - Lower Ab Co-ordination test. (Single leg/bent knee)

**Prime mover** - Rectus abdominis (Focusing on lower abs)



This exercise works the rectus abdominis but as the movement is happening from the lower half of the body the focus is shifted to the lower abdominals.

Lie on your back with your feet in the air and your legs bent. Your knees and hips should form a 90 degree angle. Whilst keeping your lower back pushed down into the floor, lower one foot to the floor at a time whilst keeping the knee bent at 90 degrees.

Alternate legs and build up to 3 sets of 20 reps.

Once you can do this move on to the progression below.

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### **Stomach Exercise 3.**

**Exercise name** - Lower Ab Co-ordination test. (Both legs/bent knees)



**Prime mover** - Rectus abdominis (Focusing on lower abs)

To progress from the single leg lower you lower both legs down to the floor at once. The focus here is to keep your lower back pushed down into the floor. The exercise is failed when your lower back can no longer be kept at a constant pressure on the floor. Remember to keep both knees at 90 degrees as your legs lower.

Build up to 3 sets of 20 reps and then move on to the lower ab co-ordination exercises in intermediate.

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### **Stomach Exercise 4.**

**Exercise name** - Abdominal Crunch.

**Prime mover** - Rectus abdominis.

To perform this exercise lie on your back and make sure that your legs are at 90 degrees and your feet flat on the floor. Whilst keeping your lower back flat on the floor, crunch yourself up.

This exercise should be started with your hands sliding up your knees and then progressed in the following order:

Hands Crossed over chest  
Hands touching ears  
Hands just above head

Build up to 3 sets of 20 reps and then move on to the intermediate exercises.

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### **Stomach Exercise 5.**

**Exercise Name** - Russian Twist.



**Main Target** - Obliques.

Lie on the floor with your arms out in the 'T' position and your lower back pressed into the floor. From this position raise both your legs up so that they are vertical. Then keeping the legs together you twist them over to one side trying to touch the floor and then back over the other way. Your range of motion is determined either by your feet touching the floor or your shoulder starting to come off the floor.

Always keep your lower back pressed into the ground throughout this exercise.

Build up to 3 sets of 16.

