

Elite Core And Stomach Exercises

These elite core and stomach exercises are only to be performed once you have completed my beginner, intermediate and advanced stomach exercises.

Stomach Exercise 1.

Exercise Name - Human Flag



Main focus - Core, Arms.

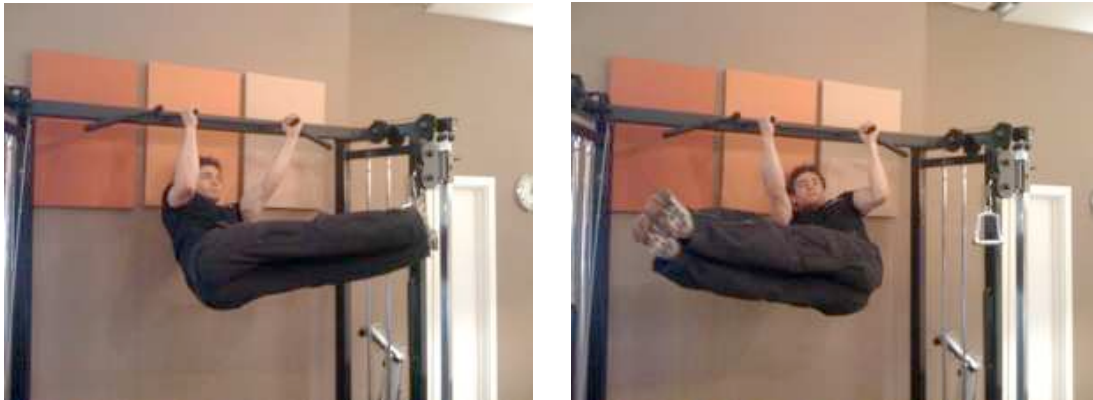
****This is an extremely hard exercise that very few people can actually do properly.****

This one is one of the most effective core exercises.

To perform the human flag you need to find a solid pole. It is generally easier to have your dominant hand at the bottom of the pole with the arm externally rotated (palm facing up). The top arm is internally rotated and you hook the hand round the inside of the pole.

Then kick yourself up to a horizontal position, lock your arms out and keep yourself there for as long as you can. Perform 3 sets on each side.

Stomach Exercise 2.



Exercise Name - Straight Leg Hanging Leg Twist

Main focus - Stomach, Obliques, Arms, Back.

This exercise is similar to the hanging leg swing in the advanced exercise section but a lot harder!

To perform it perform a half pull up and keep yourself at that height whilst you twist your legs from left to right keeping your legs locked out straight. Time yourself and always keep on increasing your times. Perform 3 sets.

Stomach Exercise 3.



Exercise Name - Swiss Ball Twisting Helicopter.

Main Focus - Stomach, Obliques.

To perform this exercise you must get in the press up position with your feet on the ball and hands on the floor. Then lift a leg up off the ball and getting the fullest range possible in a big circle, bring your leg up and around your other leg to try and touch it on the floor. Build up to 3 sets of 16.

Once you have completed all of the elite stomach exercises you probably have a very flat stomach and great core strength. The next thing for you to do is to start tweaking the stomach exercises that you have learnt here and make some of your own up.