

Stomach

Program for stomach workout

Trainer : sizwe gumede

Introduction

Please consult with your doctor before starting a new exercise program

Warm Up

Walk around the block or on the treadmill for 5 to 10 minutes

Summary Of Program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Abdominal crunch - reverse on floor	Exercise	2	10-15				
Crunch – oblique for beginners	Exercise	2	10-15				
Iso-Abs – Prone	Exercise	2		10 seconds			
Crunch – bicycles with shoulders down	Exercise	2	10-15				

Cool Down

ABDOMINAL CRUNCH - REVERSE ON FLOOR

Reps : 10-15 **Sets :** 2 **Intensity :**

Tempo : **Rest :** **Duration :**

Preparation :

- Lie on the floor with knees bent and shoulders flat against the floor.



Movement :

- Place hands next to body to help anchor upper body during the exercise.
- Contract your abdomen and draw knees in to your chest.
- Hold and release.
- Do not use momentum during the movement. Use



abdominal contraction to draw knees in.

- Repeat recommended repetitions.

CRUNCH – OBLIQUE FOR BEGINNERS

Reps : 10-15 **Sets :** 2 **Intensity :**

Tempo : **Rest :** **Duration :**

Preparation :

- Ensure the individual is proficient at a basic crunch and has adequate core stability before prescribing this exercise.

Movement :

- Lie supine on the ground with the knees bent and the feet flat on the ground.
- One hand gently supports the head, while the other is on the ground (as shown).
- Using the shoulders (not the head), flex the trunk and rotate to the open side (as shown).
- Lower slowly and repeat.
- TRAINERS: Pulling on the head, chin poking forward and excessive flexion in the thoracic spine are all indications of weakness and this exercise should be regressed.



ISO-ABS – PRONE

Reps : **Sets :** 2 **Intensity :**

Tempo : **Rest :** **Duration :** 10 seconds

Preparation :

- Assume a prone position on forearms elbows positioned under shoulders.

Movement :

- Draw your lower abdomen inward toward your spine.
- In optimal postural alignment tighten buttocks and lift body up onto forearms.



- While maintaining the abdominal draw-in contraction, hold optimal alignment for desired duration.
- Your spine should be in a neutral position from cervical to lumbar and your glutes should remain tight without compensatory motion.
- Keep chin tucked in.
- Reduce time if form is compromised. Form is more important than how long you hold!

CRUNCH – BICYCLES WITH SHOULDERS DOWN

Reps : 10-15 **Sets :** 2 **Intensity :**

Tempo : **Rest :** **Duration :**

Preparation :

- Ensure the individual is proficient at a crunch before prescribing this exercise.

Movement :

- Lie supine on the ground.
- The hands should be to the side of the body with the shoulders on the ground.
- With the upper body still, perform a bicycle action with the legs (as shown).
- Pay close attention to the video to observe the relative timing of this dynamic movement pattern.
- TRAINERS: Watch for a forward head carriage, anterior collapsing of the shoulders and holding of the breath. These are indications that the exercise is too difficult and should be regressed.

