

Top 10 Ab Exercises

A Video eBook



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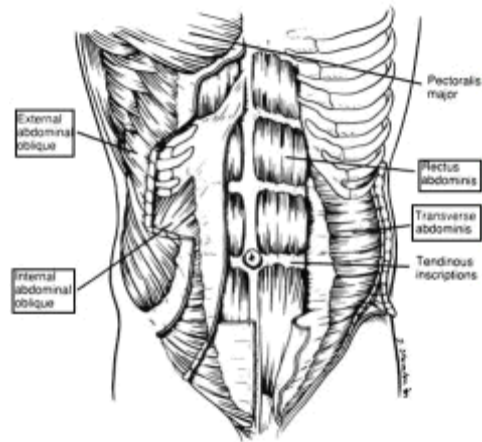
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WISH YOU HAD ABS?

Everyone does. According to fitness surveys, abs are the first area on a body that both men and women find attractive.

Abdominal Muscles

Functions:



Rectus Abdominus:

Enables us to curl up and twist to the sides. Known as the 'six pack abs' muscles, the Rectus Abdominus is actually made up of eight abdominal muscles.

External and Internal Obliques:

Enable us to twist from side to side. They're also known as 'side abs.'

Transverse Abdominus:

These muscles help us to compress our abdomens. They are not externally visible.

Lower Abs:

'Lower abs' are actually part of the Rectus Abdominus. While there are specific exercises that focus on the lower part of the abdomen, the 'lower ab muscles' are still part of the Rectus Abdominus.

ABOUT THE AUTHOR

I'm an American Council on Exercise (ACE) Expert Certified Personal Trainer, and the owner and founder of iBodyFit.com, the world's largest online personal training website. I'm also the author of *How To Get In Shape: Workouts For Today's Busy Professionals*.

I left a lucrative job on Wall Street to pursue my passion for health and fitness. My clients include entrepreneurs, CEOs of Fortune 500 Companies, Ms. Figure and Abdominal Champions. I train clients at the Royal Palm Yacht and Country Club, the top-rated country club in the United States, and through one-on-one private sessions in Palm Beach County, Florida.

I'm eager to share my knowledge and expertise with everyone interested in a fitter, healthier life! Please email me with any fitness related questions.

Stay Fit!

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YOU *ABSOLUTELY* HAVE ABS!

Good news. You already have abs. Everyone does. If you didn't have abdominal muscles, you wouldn't be able to get up, twist to your side, or even stand up straight.

To get your abs to be visible, however, you'll need two things:

LOW BODY FAT PERCENTAGE

"Abs are made in the kitchen." Ever hear of that saying? It means that you can do all of the crunches you like but, without proper nutrition, you'll never get your six pack. Your abs will be strong, but they won't show unless you have a low body fat percentage.

The best way to get and maintain a safe and low body fat percentage is through a safe, effective, and healthy nutrition plan. Please review the healthy recipes from HealingGourmet.com.

Men: Abs usually are visible around 10% body fat.

Women: Abs usually are visible around 14% body fat.

EFFECTIVE ABDOMINAL EXERCISES

The **best** abdominal exercises will give you the **best** six pack abs. Each abdominal muscle and the lower back must be trained effectively. In addition to doing the exercises, proper form is essential. This video ebook shows you step-by-step text, audio, and video examples of the best ab exercises ever. Ready to get started? Let's go!

Exercise #1

BASIC CRUNCH

The Crunch is a standard abdominal exercise. It's easy to perform and can be beneficial for everyone, from beginners to advanced exercisers.

Directions:

Step 1. Lay flat on a mat on your back. Bend your legs so your feet are flat on the floor.

Step 2. Cross your hands across your chest or behind your head.

Step 3. Slowly lift your head and shoulders off the mat.

Step 4. When your shoulders are completely off the mat, lower yourself back to the starting position and repeat.

Tips:

Keep your neck in line with your spine at all times.

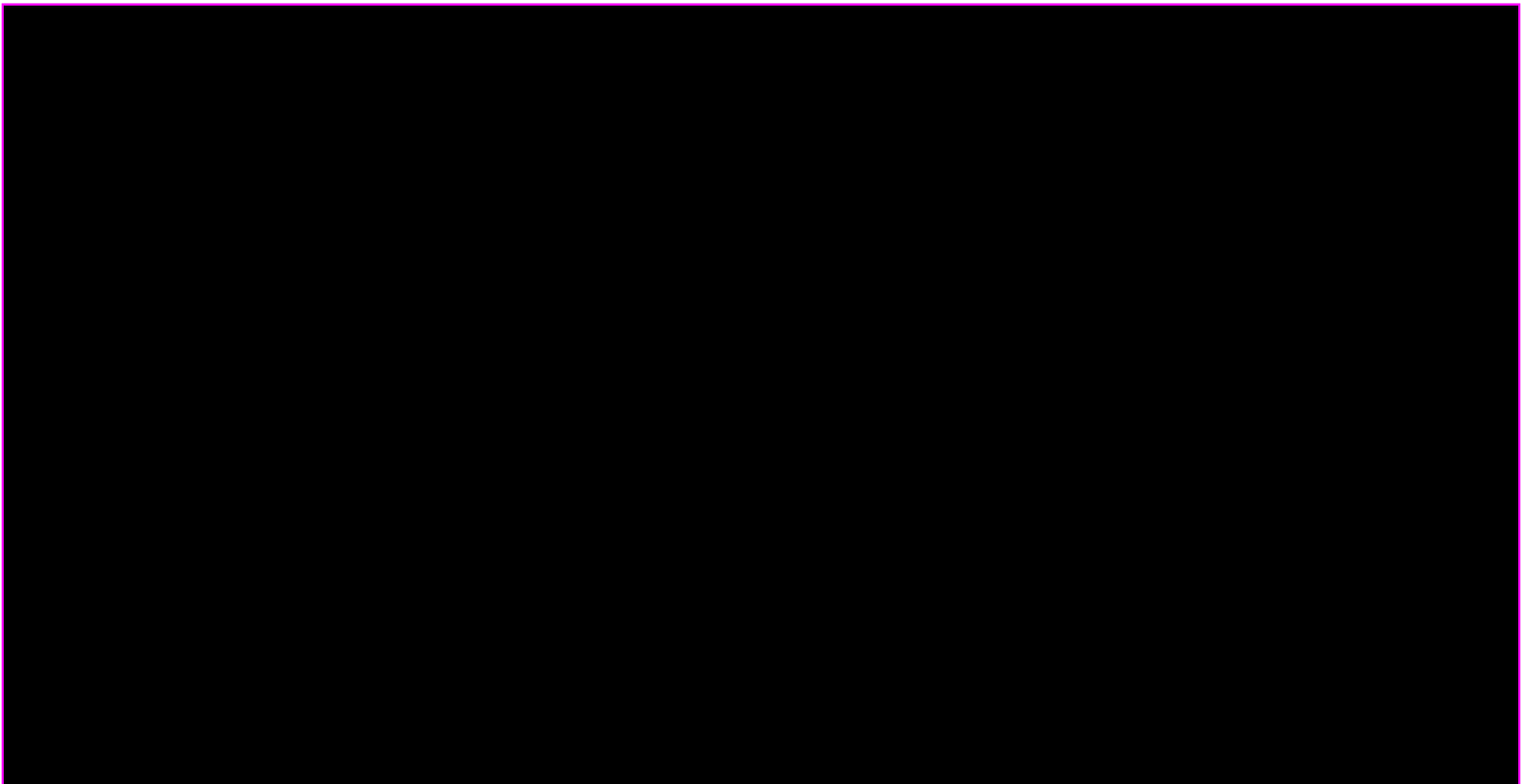
Keep your abs flexed or crunched on both the up and down movements.

You don't have to lift your entire upper body off the mat for maximum benefit.

Do not pull on your neck while rising. *Use your abs.*

BASIC CRUNCH

Click below for video



Exercise #2

THE BICYCLE

You're probably familiar with, or have even performed, The Bicycle abdominal exercise. It's popular because it works all of your abdominal muscles. Here are step-by-step instructions for perfect form.

Directions:

Step 1. Lay flat on a mat on your back.

Step 2. Cross your hands behind your head.

Step 3. Bring your left knee towards your upper body while crunching your shoulders off the mat and twisting your upper body so that your right elbow touches your left knee.

Step 4. Slowly move back into starting position and repeat on the other side.

Tips:

Keep your neck in line with your spine at all times.

Keep your abs flexed or crunched on both the up and down movements.

You don't have to lift your entire upper body off the mat for maximum benefit.

You may not be able to touch your elbow to your opposite knee. Just get as close as possible.

THE BICYCLE

Click below for video

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