Abdominals

Hoist Roc-It (Abdominal Machine)

Rectus Abdominus

Sit on the machine with your back against the back rest. Place your feet behind the foot pads. Select weight on weight stack. Grasp handles and rest head against head rest.

Exhale and bend from the middle of your torso to crunch forward. Think about bringing your rib cage to ward your pelvis. Try to relax your arms. Inhale as you release back to the starting position.
Cybex Abdominal Curl

Adjust the seat height so the pad rests against your upper chest. Select weight on the weight stack. Use an underhand grip on the chest pad as shown.

Exhale and bend from the middle of your torso to crunch forward. Think about bringing your rib cage to ward your pelvis. Try to relax your arms. Inhale as you release back to the starting position.

Med-X Abdominal Curl

Select weight on the weight stack. Notice the double weight stack that allows for smaller weight increments. Sit on the machine and put the pad under your arms as shown. If desired, move the thigh pads apart to disengage the hip flexor muscles.

Exhale and bend from the middle of your torso to crunch forward. Think about bringing your rib cage to ward your pelvis. Try to relax your arms. Inhale as you release back to the starting position.
**LifeFitness Weighted Ab Curl**

Add plates to the machine if desired. Sit on the machine and rest your head on the head rest. Grasp the handlebars.

Exhale and bend from the middle of your torso to crunch forward. Think about bringing your rib cage forward your pelvis. Try to relax your head, neck, and arms. Inhale as you release back to the starting position.

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**Cybex Rotary Torso**

Select weight. Notice the large dial underneath the seat. Turn the dial to the “zero” setting to enter and exit the machine. Adjust the seat height so the pads rest against your upper chest. Press your thighs against the leg pads. Turn the dial under the fifth hole on the right hand side.

Sit up tall and press your chest against the chest pads. Exhale and rotate to the left. Try to relax your arms and move only from your abdominal muscles. Inhale and slowly return back to the starting position. When you have completed the set, turn the dial under the seat to the fifth hole on the left hand side. Repeat the exercise while rotating to the right.
V-Sit on Bench

This is an advanced variation of an abdominal crunch. Beginners may want to practice this exercise on the floor.

Sit on the front edge of a very sturdy bench as shown. Lean back so your legs and torso are parallel to the floor. Keep your neck in alignment with your spine. Grasp the front edge of the bench lightly with your fingers.

In one fluid motion, exhale and lift your torso and legs into a “V” position as shown. Pause briefly. Inhale and slowly return to the starting position.

Abdominal Curl

Lie on the floor and support your head with your fingertips.

Exhale and lift your shoulder blades off of the floor to crunch upward. Think about bringing your ribs toward your pelvis. Be careful not to pull on your neck or dig your chin into your chest. Inhale and slowly return to the starting position.
**Reverse Abdominal Curl (Modified)**

**Rectus Abdominus**

Lie on the floor and place your hands by your hips, palms down. Lift your feet off of the floor. Relax your head and neck.

Exhale and lift your hips off of the floor. Think about bringing your pelvis toward your rib cage. Pause briefly. Inhale and slowly return to the starting position.

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**Reverse Abdominal Curl**

**Rectus Abdominus**

Lie on the floor and place your hands by your hips, palms down. Lift your legs into the air as shown. Relax your head and neck.

Exhale and lift your hips off of the floor. Press your heels upward toward the ceiling. Pause briefly. Inhale and slowly return to the starting position.
Abdominal Bicycle

Lie on the floor. Lift your head and shoulders off of the floor. Support your head with your fingertips. Be careful not to pull on your neck or dig your chin into your chest. Bend your left knee and extend your right. Rotate your torso toward the left knee.

Exhale and twist your torso to the right. Bend your right knee and extend your left. Repeat the exercise as you rotate from side to side. Think about bringing your shoulder to the opposite hip. Do not touch your elbow to your knee since this may cause you to strain your neck.

Abdominal Double Leg Stretch

Lie on the floor. Extend your arms and legs to 45° angles as shown. Keep your neck in alignment with your spine. Do not dig your chin into your chest. If your neck starts to fatigue, place one hand behind your head for support.

Exhale and tuck your arms and legs together. For greater intensity, attempt to lift your hips off of the floor as you tuck. Think about bringing your rib cage ward your pelvis. Pause briefly. Inhale and slowly return to the starting position.
**BOSU Abdominal Curl**

The BOSU stands for “Both Sides Up.” It recruits more muscles than a basic crunch on the floor because it creates an unstable environment.

Sit on the BOSU as shown with the ball against the middle of your back. Support your head with your fingertips. Be careful not to pull on your head or dig your chin into your chest. Keep your back straight.

Exhale and lift your shoulder blades off of the ball. Think about bringing your rib cage toward your pelvis. Pause briefly. Inhale and slowly return to the starting position.

**BOSU Oblique Crunch**

The BOSU stands for “Both Sides Up.” It recruits more muscles than a basic crunch on the floor because it creates an unstable environment.

Sit on the BOSU as shown with the ball against the middle of your back. Support your head with your fingertips. Be careful not to pull on your head or dig your chin into your chest. Keep your back straight.

Exhale and lift your right shoulder toward your left hip. Pause briefly. Inhale and slowly return to the starting position. Repeat while rotating toward the right hip.
BOSU Abdominal Bicycle (Modified)

The BOSU stands for "Both Sides Up." It recruits more muscles than a basic crunch on the floor because it creates an unstable environment.

Sit on the BOSU as shown with the ball against the middle of your back. Support your head with your fingertips. Be careful not to pull on your head or dig your chin into your chest. Keep your back straight. Lift your right leg off of the floor.

Exhale and rotate your torso to the right as you bend your right knee. Inhale and slowly return to the staring position. When you have completed the set, repeat the exercise while rotating to the left.

Rectus Abdominus

Obliques

BOSU Abdominal Bicycle

The BOSU stands for "Both Sides Up." It recruits more muscles than a basic crunch on the floor because it creates an unstable environment.

Sit on the BOSU with your hips on the ball as shown. Support your head with your fingertips. Be careful not to pull on your head or dig your chin into your chest. Keep your back straight. Bend your left knee and straighten your right.

Exhale and rotate your torso to the right as you bend your right knee. Inhale and slowly return to the staring position.
**BOSU V-Up (Single Knee)**

Stand on the platforms and place your forearms on the arm pads. Grasp the handles and lean back slightly against the BOSU. Draw your shoulders down and back to stabilize your shoulders.

**Exhale** and lift your right knee toward your chest. **Inhale** and release back to the starting position. **Exhale** and lift your left knee toward your chest. **Inhale** and release back to the starting position.

**Hip Flexors** (not shown)

**BOSU V-Up (Double Knee)**

Stand on the platforms and place your forearms on the arm pads. Grasp the handles and lean back slightly against the BOSU. Draw your shoulders down and back to stabilize your shoulders.

**Exhale** and lift your knees toward your chest. Tuck your tailbone under as you lift your hips. Think about pulling your pelvis up toward your rib cage. **Inhale** and slowly return back to the starting position.

**Hip Flexors** (not shown)
**BOSU V-Up (Double Leg)**

This is an advanced exercise. Stand on the platforms and place your forearms on the arm pads. Grasp the handles and lean back slightly against the BOSU. Draw your shoulders down and back to stabilize your shoulders.

Exhale and lift your legs as shown. Tuck your tailbone under as you lift your hips. Think about pulling your pelvis up toward your rib cage. Inhale and slowly return back to the starting position.

**Stability Ball Abdominal Crunch**

The stability ball recruits more muscles than a basic crunch because it creates an unstable environment.

Sit on the ball as shown with the middle of your back on the ball. Support your head with your fingertips. Keep your neck in alignment with your spine. Do not pull on your neck or dig your chin into your chest. Keep your back straight and feet flat on the floor.

Exhale and lift your shoulder blades off of the ball. Think about bringing your rib cage toward your pelvis. Pause briefly. Inhale and slowly return to the starting position.
**Stability Ball Oblique Crunch**

- **Rectus Abdominus**
- **Obliques**

The stability ball recruits more muscles than a basic crunch because it creates an unstable environment.

Sit on the ball as shown with the middle of your back on the ball. Support your head with your fingertips. Keep your neck in alignment with your spine. Do not pull on your neck or dig your chin into your chest. Keep your back straight and feet flat on the floor.

Exhale and lift your shoulder blades off of the ball. Rotate your right shoulder toward your left hip. Pause briefly. Inhale and slowly return to the starting position. Repeat on the opposite side.

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**Weighted Stability Ball Crunch**

- **Rectus Abdominus**

The stability ball recruits more muscles than a basic crunch because it creates an unstable environment. The weighted medicine ball adds resistance. Sit on the ball as shown with the middle of your back on the ball. Keep your neck in alignment with your spine. Do not pull on your neck or dig your chin into your chest. Keep your back straight and feet flat on the floor.

Exhale and lift your shoulder blades off of the ball. Think about bringing your rib cage toward your pelvis. Pause briefly. Inhale and slowly return to the starting position.
Weighted Stability Ball
Oblique Crunch

Sit on the ball as shown with the middle of your back on the ball. Keep your neck in alignment with your spine. Do not pull on your neck or dig your shin into your chest. Keep your back straight and feet flat on the floor. Place a medicine ball on your right shoulder.

Exhale and lift your right shoulder toward your left hip. Pause briefly. Inhale and slowly return to the starting position. When you have completed your set, repeat on the opposite side.

Jack Knife (Modified)

Place your shins on the ball and your hands on the floor as shown. Keep your back straight without sagging downward or lifting your hips into the air. Keep your elbows slightly bent because they are bearing weight.

Exhale and curl the ball toward your hands. Tuck your tailbone under. Bring your pelvis toward your ribcage. Pause briefly. Inhale and slowly return back to the starting position.
Jack Knife (Advanced)

This is an advanced exercise and requires both strength and balance. Use a spotter if necessary.

Place your shins on the ball and your hands on the floor as shown. Keep your back straight without sagging downward or lifting your hips into the air. Keep your elbows slightly bent because they are bearing weight.

Exhale and roll the ball toward your hands while remaining in a pike position. Pause briefly. Inhale and slowly return back to the starting position.

Side Plank (Modified)

From a kneeling position, place your right hand on the floor and extend your left hand into the air. Keep your right elbow slightly bent because it is bearing weight. Align your head, hips, and knees in a straight line. Repeat on the opposite side.
Side Plank

- **Deltoids** (Shoulders)
- **Obliques**

This is an advanced exercise. Place your right hand on the floor and extend your left hand into the air. Keep your right elbow slightly bent because it is bearing weight. Align your head, hips, and feet in a straight line. Repeat on the opposite side.

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Medicine Ball Crunch

- **Rectus Abdominus**

Lie flat on the floor and hold a weighted medicine ball as shown. Keep your elbows slightly bent because they are bearing weight.

Exhale and lift your shoulder blades off of the floor. Keep your neck in alignment with your spine and be careful not to dig your chin into your chest. Press the ball upward toward the ceiling. Pause briefly. Inhale and slowly return back to the starting position.
**Medicine Ball Oblique Crunch**

Lie flat on the floor and hold a weighted medicine ball on your right shoulder as shown.

Exhale and lift your right shoulder toward your left hip. Be careful not to dig your chin into your chest. Pause briefly. Inhale and slowly return back to the starting position.

When you have completed your set, repeat on the opposite side.

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**V-Sit (Single Leg)**

This is an advanced exercise. Lie on the floor with both arms extended overhead. Bend your left knee and extend your right.

Exhale as you lift your torso and right leg in a "V" position. Pause briefly. Inhale and slowly return to the starting position.

When you have completed your set, repeat on the opposite side.
**Plank**

**Erector Spinae (Lower Back)**

Lie on the floor facedown. Place your elbows on the floor. Lift your knees and hips off of the floor. Keep your body straight like a plank of wood. Draw your shoulder blades down and back to stabilize your shoulder blades.

**Plank with Heel Slide**

**Erector Spinae (Lower Back)**

Lie on the floor facedown. Place your elbows on the floor. Lift your knees and hips off of the floor. Keep your body straight like a plank of wood. Draw your shoulder blades down and back to stabilize your shoulder blades.

Exhale and shift your body toward your hands by sliding on your heels. Pause briefly. Inhale and slowly return to the starting position. Repeat the exercise by sliding forward and backward on your heels.
Plank with Heel Lifts

Lie on the floor facedown. Place your elbows on the floor. Lift your knees and hips off of the floor. Keep your body straight like a plank of wood. Draw your shoulder blades down and back to stabilize your shoulder blades.

Exhale and lift your left heel 6-8 inches off of the floor. Try not to lift your hips. Pause briefly. Inhale and slowly return to the starting position. Repeat the exercise by alternating heel lifts.

Plank with Hip Lifts

Lie on the floor facedown. Place your elbows on the floor. Lift your knees and hips off of the floor. Keep your body straight like a plank of wood. Draw your shoulder blades down and back to stabilize your shoulder blades.

Exhale and lift your hips upward approximately 6-8 inches. Inhale and slowly return to the starting position without sagging your back downward.