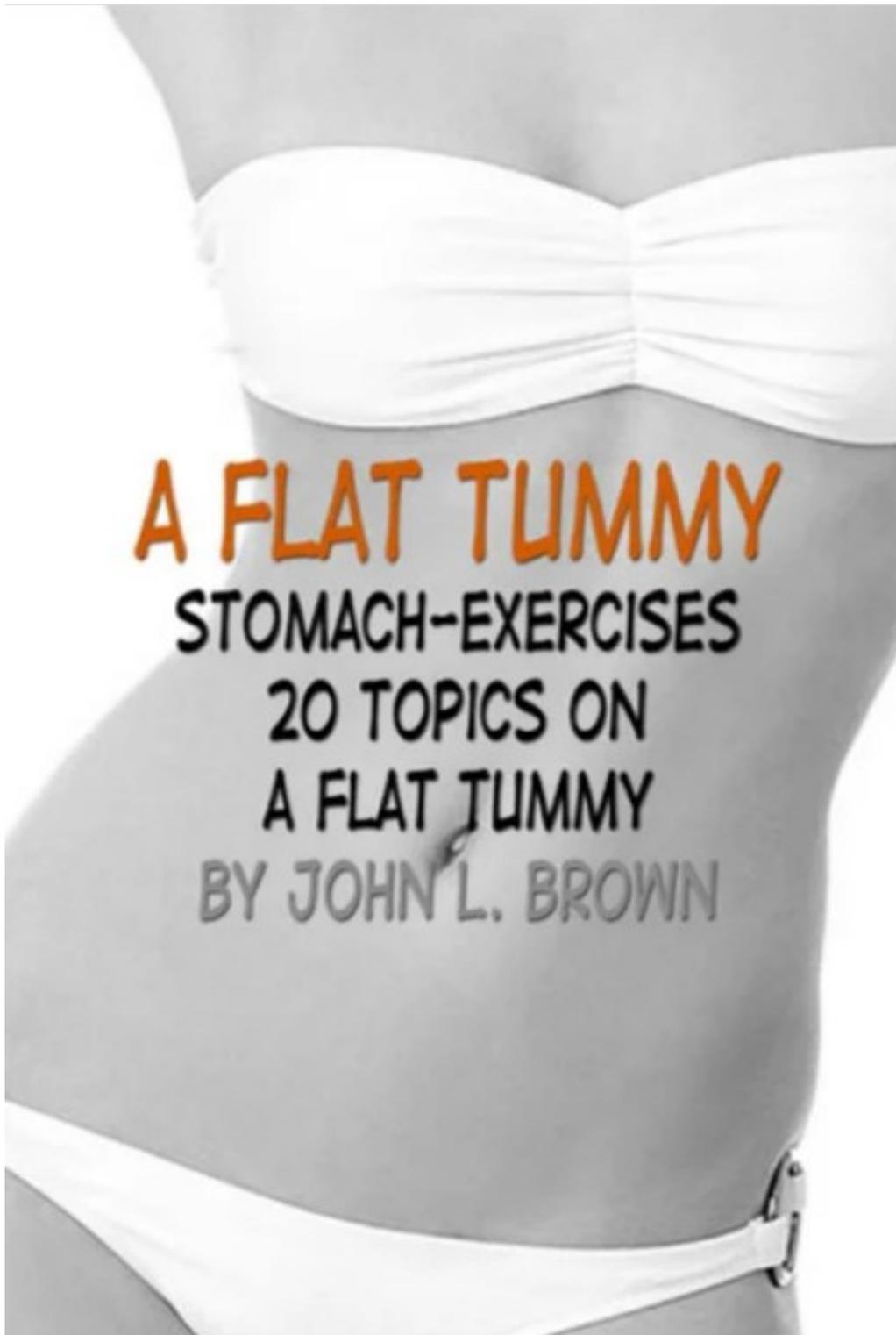


STOMACH-EXCERCISE TOPICS



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Weight Loss Remedy - Overcoming Weight Loss Excuses

We often make excuses when it comes to losing weight. Because of this, we stop ourselves from doing our diet routine, gain more weight and get disappointed in the end. How do you stop making those weight loss excuses?

You make many weight loss excuses and it automatically comes in without realizing it. Losing weight is not that easy but you have to discipline yourself. Next time, ask yourself why you make excuses every time you commit it.

Some of the most common excuses include:

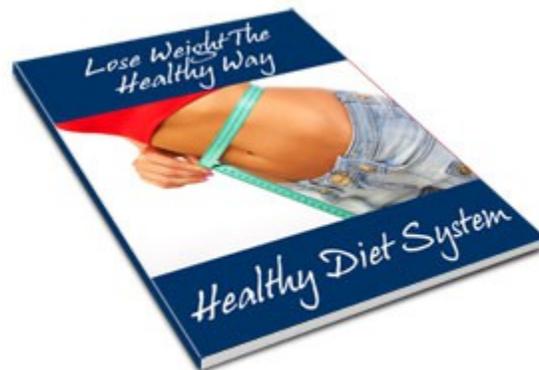
- > No time to do any exercise.
- > No time to prepare healthy meals.
- > Too old to exercise.
- > No enough support
- > Not feeling well.
- > Bored with exercising.

The excuses mentioned above are just a few. You might have noticed that some are just lame excuses. So how do you stop making those weight loss excuses?

Find out why you are making excuses. Are they acceptable? Or you are just thinking of another better way? If not, then why are you not taking some action? There are some who didn't like being overweight yet they're doing nothing about it because they are afraid that they might fail and end up still overweight. Don't be afraid of change...

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All About Working The Transverse Abdominals

A group of muscles that often gets neglected in stomach exercise routines are the transverse abdominals, the core muscles that lie below the rectus abdominus. Most abdominal exercises target the rectus abdominus and the vertical abdominals, ignoring the transverse abdominals. Even crunches, the staple of most abdominal workouts, do nothing for the transverse abdominals. These muscles are actually the most important to target, however, as they connect to both the lower back muscles and the rectus abdominus and for a girdle for the entire abdomen. Any routine aimed at flattening the stomach should include the transverse abdominals as a focus. Using the following exercises, you can work out your transverse abdominals and really make progress on that flat tummy. As with any workout routine, be sure to consult a professional before beginning and always warm up properly to avoid injury.

Pelvic Tilts

This stomach exercise requires lying on your back on a flat surface, such as the floor or a bench. Use a mat or towel to cushion your spine. Bend your knees so that your feet are flat on the floor. Raise your pelvis (and only your pelvis) off the floor, hold momentarily, and then lower it back down. Repeat for an entire set. Maintaining a controlled movement is crucial to this exercise. This will allow you to use your abdominal muscles, rather than your body's momentum, to do the work on the exercise. Also, be sure to keep your upper body on the floor throughout.

Crunchless Crunch

This first exercise is fairly simple but can also be fairly difficult. Essentially, it involves trying to pull the belly button in towards the spine. This can be tricky, as it involves using muscles which you may not be used to activating. To start, either lie on your stomach or kneel. You might want to try both ways and see which helps you feel the exercise better. Relax your body as much as possible, then try to use only the lower abdominals to move your belly button toward your spine. Hold for ten seconds. If holding for ten seconds feels easy, hold for a longer period. The goal is to hold the contraction until you either cannot feel it, or you feel other muscles working harder than the transverse abdominus. When you feel this, let the contraction out.

Scissor Kicks

This stomach exercise also requires lying on the floor. Position your hands under your butt, keeping your back pressed against the floor. Slowly raise one leg to a height of about ten inches, then slowly lower it back to the floor. As your lower one leg, raise the other. Repeat this motion for an entire set. Maintaining control throughout is important, not allowing momentum to get the better of you. Your upper body should remain on the floor through the entire move.

There are plenty of other exercises targeting the transverse abdominals, but these three ought to be enough to get you started. Stomach exercises like these are key to any tummy-flattening plan, and they are especially good for pregnant and post-partum women.

Aquasize To A Flatter Stomach!

When the weather is warm, there is nothing quite like going for a refreshing swim at the local pool. To add to the benefits, you can use it as an opportunity to work on those stomach muscles. The water provides natural resistance, making the pool a great place to do stomach exercises to flatten out that tummy. Despite the greater resistance water has than air, aquasizing is low-impact, meaning less strain on joints. Try out these exercises next time you take a trip down to your pool. Remember, consult your doctor before beginning a new workout routine, and always warm up properly to prevent injury.

The first set of exercises to try is called the jump and dig. There are two moves in this set, one for the upper body and one for the lower body. The former is great for your obliques, and the latter works on your abdominals. To start, stand in water that is between your belly button and chest. To work the lower body (including your abdominals), put your feet a wide distance apart, then jump so your knees come up to the surface of the water and back down. Picture a frog as you do it; this will help you get the form right. Next, to work the upper body, begin by making a scoop with both hands at the surface of the water. Bring your hand scoop below the surface, then scoop up and to one side. Alternate sides to work the obliques on both sides. Start by doing the two moves separately for three minutes each. Once you have mastered the form, do them at the same time to exercise both sets of stomach muscles at once.

As you build strength and endurance, you can add water gloves to increase resistance. You can also do the exercises faster, packing more reps into each three minute period. Form is key, though. Do not sacrifice form for the sake of speed. It is better to do it properly than quickly. Also remember to set fitness goals and work toward them at a gradual pace. Do not push yourself too hard, too fast. You may want to see results fast, but an injury will seriously delay your workout goals. Start small, know your limits, and build gradually.

As long as you are working on your midsection, here are a few additional tips. First, proper diet is essential to any fitness routine. A great, hard workout can be completely negated by improper eating habits. Second, stay hydrated both while working out and in everyday life. A good rule of thumb is to take your body weight in pounds, divide it by 2, and drink that number of ounces of water each day. This helps to keep the body functioning at it's highest level. Third, rest up. This means not only getting plenty of sleep, but also getting the right kind of sleep. Spend all night sleeping on your stomach, and you will wake up with a sore back, making it difficult to do your stomach exercises. Also be sure to schedule off days into your routine to give your muscles a chance to rest up and rebuild. Now you already have a great start on a toned, flat stomach!

All About The Best Stomach Exercises

It is only natural, most people want to look their best, and exercising their stomach muscles is usually a huge part of most fitness programs. If so much time and energy is going to be focused on this muscle group, it is a good idea to know what the best stomach exercises are. There are many resources available for finding the best stomach exercises, and plenty of people to say what they consider the best, so how can a person decide for themselves which truly are the best exercises for working their stomach muscles?

First of all it is important to note that the best stomach exercises are those that a person is willing to do. No matter how effective the exercise is, if a person isn't going to do them consistently the exercise will not benefit that particular individual. It is also important to note that the best stomach exercises do not necessarily require equipment to perform them, although some machines and equipment may work quite well for some people.

When a person decides on a fitness program that includes stomach exercises, it is best to include stomach exercises that work the different parts of the stomach. If a person simply concentrates on one area of their stomach, there workout will not be as effective. The best stomach exercises, combine working the oblique, which are the side muscles, the lower abdominals, the mid section and also the upper section.

Some of the most popular stomach exercises are crunches. These are a very effective exercise and very convenient since they can be performed anywhere without any equipment. The next stomach exercise that is also very popular and goes along with the basic crunch is the side crunch, which works out the oblique.

Some people consider the best stomach exercises to be included in a Pilate's workout. The reason for this is because in Pilates, the whole focus is on the core of the body which is the abdominal, or stomach muscles. Every movement in a Pilate's workout will work the stomach muscles either directly or indirectly. These exercises can be found on the internet, either the exercise itself or video's that can be purchased.

Another good exercise that some fitness experts considers to be one of the best stomach exercises involves laying flat on your stomach, leg straight and then raising your body up using your arms as your hands are clasped together and keeping your body straight as if doing a pushup. Hold this position as long as you can stand. This is an excellent movement to strengthen the whole stomach.

Remember again though that just because one person may consider a specific exercise to be the best stomach exercise that does not necessarily mean it is the best for everyone. Each person's body is different and will respond differently to certain movements. Any one serious about working on the abdominal muscles will find it most helpful to try several different stomach exercises and then determine which one they can both feel and see results with. If one exercise is simply too hard to do correctly, or does not feel like it has done anything for the muscle group worked, that exercise is clearly not the best and the person should find what works best for them.

Where To Find Exercises That Flatten The Stomach

When people think about the summer, for most, the first thing that comes to their mind is their stomach and how to make it flatter. This is normal; most people want to look their best. The question isn't whether or not a person wants a flatter stomach; it is usually a question on how to obtain one. The first thing that many people will wonder is where to find exercises that flatten the stomach.

There are many resources for finding exercises that flatten the stomach. The first source many people go to is the internet. From this source all a person has to do is type in "exercises that flatten the stomach" and a variety of sites will come up all in answer to this question. Some sites are paid sites that for a fee the website will give a detailed workout routine and usually eating program all in the hopes of flattening the stomach. Other sites will simply describe various exercises that flatten the stomach. Then there are the sites that sell videos that concentrate on these types of exercises. It may be a bit overwhelming for a person to decide on the best way to achieve their goal. For some people, the paid sites are wonderful since everything is laid out for them and is usually designed specifically for that individual based on their goals and current situation. For others, these types of sites are not an option; in that case the sites that offer free advice can be helpful. The videos are also excellent for people that like to exercise at home and do not want to rely on reading instructions in order to do the exercises correctly.

Besides the internet, there are also resources where a person can find exercises that flatten the stomach. For those that are truly dedicated to this goal, and has the time and money, sometimes a gym or fitness club is the way to go. It is at these places that a person can get one on one help from trainers and have access to different types of equipment all geared at flattening the stomach. This option however is not for everyone. Many people can not afford the membership fees and even if they can, it takes time to travel back and forth from the club, this is time that many people do not have. It may also be inconvenient for people who would have to find babysitters for children while they are working out.

The library is a great and often times overlooked place to find exercises that flatten the stomach. At the library a person has access to many books that are written on this topic along with videos that can be borrowed and magazines that can either be borrowed or read while at the library. Besides the information that can be found at the library, another advantage is that the books and videos are not purchased, so if a person does not like that particular selection, all the person has to do is return it, and try another one without investing large amounts of money to find just the right exercise. When a person does find what they like, they can then buy the video, book or magazine and know that they are getting what they want.

These are just a few sources a person can go to when looking for exercises that flatten the stomach. A person may want to try several different sources and decide which one works best for them given their own circumstance and then remember to follow through in order to achieve their goals.

Why Exercises To Flatten Stomach Muscles Are Popular

There are many times in a person's life when they really want to look their best. Perhaps it is for a high school reunion or for a wedding, and probably the most popular time for wanting to look good is during swimsuit season. For all of these times, and many more times, most people's focus turns to their stomach and they start thinking about exercises to flatten stomachs.

People tend to think that a flatter stomach means better looks and most people want to look their best. A flat stomach does go beyond looks however; there are medical reasons why people should concentrate on exercises to flatten the stomach. Medical evidence suggests that people that carry extra weight around the stomach tend to be more likely to develop serious medical conditions, including diabetes. The stomach is also the core of the body, this means that the stronger and healthier the core is, the more likely the rest of the body will be as well. Consider a person with back problems, which is a common problem with many people. These people benefit greatly from doing exercises to flatten their stomachs. This will help improve posture and relieve tension in the back as excess weight is removed from the center of the body. When a stomach is flat, it also helps the person to walk taller and straighter, giving the person more confidence and improves their overall looks compared to a person that walks hunched over.

Besides looks and health, another reason why exercises to flatten stomach muscles are popular is because they are easy to do. They can be done practically anywhere, in a gym, at home in front of the television or anywhere else. They also do not take equipment to do. While there are plenty of machines and smaller pieces of equipment all geared for flattening a stomach, they are not necessarily needed to get the same results. All a person needs is some room to lie down and the desire to improve their stomach. There are a wide variety of exercises that target this area of the body, so a person can choose which moves will work best for him or her.

Because this type of exercise is so popular, most workout programs, whether on a video watched at home, a health club or any other program a person follows, will include exercises to flatten stomach muscles, because it is so important to keep them strong and also because of the popularity of this type of exercise. Most people are not interested in simply working on their legs or arms or other parts of their bodies unless they are exercising their stomach as well.

Obviously there are many reasons why people want to flatten their stomach and spend a lot of time doing exercises to flatten the stomach. Whether the reason is vanity or health, it is important to remember that like with all things, it will take time to get the desired results and a person must stick to whatever program they are comfortable with until they have the stomach they want. The good news is that stomach muscles respond very well to even a little exercise, with some exercise and a good healthy diet, most people can see results, provided there is no medical reason why they probably won't succeed.

Different Exercises To Get A Flat Stomach

There are many different exercises to get a flat stomach. Some require machines or special equipment; others simply require a floor to lie on and a little motivation and determination. There are some that are performed while also exercising other groups of muscles such as in Pilate's moves, where every exercise will work the stomach muscles even if the focus is the legs, arms or other area of the body.

There are a couple of movements that are very basic and yet give many people the results they are looking for. The first movement is the basic crunch. These exercises are better for the body than sit ups because they do not strain the back as much. A crunch is performed simply by lying on your back and raising the upper portion of your body a few inches off the ground, just enough to feel the strain in the stomach muscles. The key to these movements is to be sure your stomach is doing the work and not your head, or arms. Also, it is important to keep everything straight, do not lift the head more than the shoulders or back, for more information and detail on performing this movement properly there are many resources available on the internet, in books and also in videos. Another movement which is also great and should be done in conjunction with the basic crunch is a side crunch which works the oblique, or as some people call them "love handles" This exercise is performed the same way as the crunch, only the body is twisted slightly to one side. Again to get a more accurate description of how to properly perform this movement there are many resources available.

Along with working out the mid section of the stomach and sides, a person should include several different exercises to get a flat stomach by way of exercising the whole stomach, which includes the lower section and upper section of their stomach as well. It will do a person no good to only focus on one specific muscle group of their stomach. There are many places to find exercises to get a flat stomach including the internet, library, book store and in videos. With so many different options a person may have trouble deciding which exercises would benefit them the most while trying to get a flat stomach. The best suggestion in this case is to try several different ones and decide what works for the individual. One exercise may work great for one person, but be too strenuous for another. Or, one person may be in better shape and be able to do several different exercises that a beginner can not do, at least in the beginning and may just need to concentrate on one movement, instead of a series of different movements in one workout session.

While some exercises to get a flat stomach may work better than others, no exercise will work if not properly performed and done regularly. A person should decide which exercises they are both capable of doing and also can do for an extended period of time while working to get the flat stomach they want. If the exercise is too complicated, takes too much time or can only be done on a special type of equipment, the person may not be able to stick with it long term. Remember, getting a flat stomach will not happen overnight, it takes time, dedication and patience, regardless of the exercise used.

Where To Find Free Exercises To Flatten Stomach

They are everywhere; magazines where on the front cover have beautiful models showing off their flat stomach and a caption that may say something similar to "Want flat abs, we'll show you how!" These magazine articles are great for some people who want to spend the money to buy the magazine in order to find out how to flatten their stomach. Then there are endless websites that if you sign up and pay the fee, you will be given exercise routines meant to flatten you stomach. Again, this may be a good source for some people who have this goal, but where can you go to find free exercise to flatten stomachs?

The internet is probably one of the best sources for finding free information. There are hundreds of sites a person will find just by using the search words "free stomach exercises" or similar phrases. These sites will give step-by-step instructions on how to perform a variety of exercises to flatten stomachs. When a person finds several exercises he or she likes, it is simple to print them out and have the paper available when performing the exercise.

Another good source to find free exercises to flatten stomachs is at a library. The library may actually have more information than the internet; it is just not as convenient. A person who takes the time to visit the library can find books on how to flatten their stomach read magazine articles and borrow videos that talk about exercises to flatten stomachs.

One source for finding free exercise to flatten stomachs is the television. If a person can set aside a specific time during the day for exercise, there are many television programs on throughout the day that are exercise related, even channels dedicated just to exercise and health. Many of these shows will focus on flattening stomachs, since this is a primary goal of most people that exercise. This method for finding free exercises to flatten stomachs may be the least convenient and may not be feasible to everyone, but for some people that can find the right program and make it work with their schedule or the ability to record for use at a later time, it may be a good option.

For people that truly need to lose weight around their stomachs for health reasons, doctors are probably the best source for free exercises to flatten stomachs. They will have available many brochures and other material that will help the person in their goal to look and feel better. In addition, a doctor would be a good source for finding out other places to obtain this information.

There are hundreds of sources for finding exercises to flatten stomachs. Some of these sources require a purchase or even an investment. There are also many sources available that offer free exercises to flatten stomach muscles. Just because a person paid for the information does not necessarily make it better. Remember, the best exercise is the exercise that works for the individual, regardless of the source.

How To Target Your Stomach With Yoga

Yoga is a great part of any wellness routine, as it has the ability to both reduce stress and exercise the body. If you are trying to use yoga to target your midsection, well, that can be done. There are a number of yoga positions (called asanas) which exercise the stomach muscles. Bear in mind that some of these are more advanced than other. Assess your own skill and comfort level before trying certain asanas. If you are not sure you are able to do one asana, start with one that seems easier and work your way up once you have built some strength and flexibility. As with any workout routine, be sure to consult a professional before beginning and always warm up properly to avoid injury.

Pavan-Muktasan

To perform this stomach-exercising asana, first lie flat on your back. Use a yoga mat or towel to cushion the spine. Bend both knees up to your chest so that your thigh touches the stomach. Hug your knees in place and lock your fingers. Now lift your head up so your nose meets your knees. Take a deep breath and hold it for thirty seconds before releasing and slowly lowering back to start. This exercise can also be done one leg at a time.

Bhujangasan

For this stomach exercise, remain on the floor, but roll over on to your stomach. Position your hand under your shoulders. Now, using your back muscles, raise your upper torso off the ground so that your head is upright. Be careful not to push with your hands. You want the muscles in your back to be doing the work. Hold this posture for thirty seconds, then lower yourself back to start. Even though you are using your back muscles to lift your upper body, performing the asana will assist in reducing belly fat and flattening your tummy.

The Bow

This stomach exercise is pretty similar to the previous asana, but more involved. It starts from the same position lying on your stomach, but in this exercise you curl your legs upward in addition to lifting your upper torso. Bend your knees so that the soles of your feet come up toward your head. Grab your ankles and pull with your hands and push with your legs until only your stomach is on the floor. Your body should feel sort of like it is making a circle. Your knees should remain together throughout the exercise. Hold this position for thirty seconds before releasing and returning to starting position.

Paad-Pashchimottanasan

Now that you have read the name of this asana, try not to be intimidated-- it is less complicated in practice than in pronunciation. It does, however, require a fair amount of flexibility, so you may want to start with something easier and build up to this one. Start by lying on your back with your legs straight and arms overhead. Your body should be straight from head to toe with all limbs extended. Point your palms up to the ceiling and put your hands together. Contract your stomach muscles to sit up, keeping your back straight and hands overhead. Bend forward and grab your toes with your hands, putting your head between your arms so it touches your knees. Hold the position for two minutes before releasing.

Lose Your Belly by Improving Your Posture

Everyone knows the children's song about the leg bone being connected to the hip bone, but how many people really take it to heart? Obviously, everyone knows that the leg bone does in fact attach to the hip bone; that's not the point. Probably not many people really stop to think about how related and interconnected the parts of the human body really are. In an illustration of this point, the back and stomach muscles are all affected by one another as they form a girdle around the lower torso. It stands to reason, then, that your posture affects how your tummy looks, and the strength of your stomach muscles affects your posture.

Stand Up Straight

This first step to losing a belly is to stand and sit up straight. This actually has a few different effects. First of all, slouching accentuates belly fat, so simply sitting up will make you appear slimmer. Second, proper posture helps improve the strength of your back, which of course makes it easier to maintain proper posture longer. Third, poor posture leads to back pain, which makes stomach exercises difficult. Having good posture will make it easier for you to work out your stomach muscles and whittle down that belly. Lastly, a nice straight posture enhances blood flow throughout the body, particularly to the legs and lower back, both of which are involved in many stomach exercises. So, if you are trying to lose a belly, the first step is to simply sit and stand up as straight as possible as often as possible. Do that, and you are already on your way!

Back Extension

For the reader familiar with the crunchless crunch, this move will seem similar but backwards. For this exercise, you will need to start by lying on your stomach with your forehead on the floor. You may use a mat or towel to cushion your pelvis and head. Position your arms by your sides, palms up. Contract your back muscles to lift your torso off the floor. Hold the contraction briefly, then release and slowly lower your torso back down to the floor. Repeat for an entire set.

The next part of this exercise begins by extended your arms out above your head (picture a superhero flying through the air). Now lift your legs off the floor simultaneously while keeping your head and arms held in place. Try to imagine your legs growing longer as you are lifting them up. Hold your legs up briefly, then slowly lower them back to the floor.

Doing these two things will help you strengthen your back and correct your posture, which are great first steps to losing an unwanted belly. You will also want to continue working on your back muscles and other core muscles, such as the transverse and rectus abdominus. Stomach exercises that work the core will help you straighten up your posture, lose belly fat, and gain muscle tone in both your back and tummy. As with any workout routine, be sure to consult a professional before beginning and always warm up properly to avoid injury.

Lower Stomach Exercises

An important and sometimes neglected step in stomach exercise routines is isolating particular muscles within the abdominal group. One such set of muscles which needs isolation in order to be exercised properly are the muscles in the lower stomach. There are a number of stomach exercises which isolate and work these muscles. As with any workout routine, be sure to consult a professional before beginning and always warm up properly to avoid injury.

Crunchless Crunch

This first exercise is fairly simple but can also be fairly difficult. Essentially, it involves trying to pull the belly button in towards the spine. This can be tricky, as it involves using muscles which you may not be used to activating. To start, either lie on your stomach or kneel. You might want to try both ways and see which helps you feel the exercise better. Relax your body as much as possible, then try to use only the lower abdominals to move your belly button toward your spine. Hold for ten seconds. If holding for ten seconds feels easy, hold for a longer period. The goal is to hold the contraction until you either cannot feel it, or you feel other muscles working harder than the transverse abdominus. When you feel this, let the contraction out.

Alternating Toe Touch

You will need to lie on a flat surface for this stomach exercise. The floor works best, using a mat or towel to cushion the spine. Lie on the floor and put your feet up in the air. Extend your right arm and use your lower abdominals to lift your shoulders off the floor. Touch your left toes with your right hand, then lower yourself back down. Switch hands and repeat. Keep your knees straight throughout and maintain a space between your chin and chest.

Sit-Up Hold

While you are still on the floor, try this stomach exercise. Bend your knees so your feet are flat on the floor and position your hands behind your head. Keep your elbows back so you cannot see them-- do not put them alongside your head. Use your lower abdominals to lift your shoulders off the floor. Hold for ten seconds. You may increase the number of seconds you hold as it gets easier. Be sure to lift with your abdominals and not with your arms or neck.

Lower Back Flatten

This stomach exercise is a good natural progression from the sit-up hold, as it starts from the same basic position: lying down, knees bent, feet flat. You may have noticed when you did the previous exercise that there is a natural space between your lower back and the floor, created by the curve of your spine. In this exercise, you want to use your lower abdominals to push your lower back toward the floor and eliminate this space. Try to focus on pushing with only your lower abdominals and not your legs. Your pelvis will rotate slightly, which is fine so long as the lower abdominals are doing the work. Once you have got your back flat to the floor, hold the contraction for ten seconds. Again, you should continue to build on this time as your stomach muscles gain strength and endurance.

Six Poor Stomach Exercise Habits

As with all things, there is a right way to go about working for a flatter midsection, and several wrong ways. Working out the wrong way can lead to no physical improvement or worse, serious injury. When doing stomach exercises or any other exercise, be sure to consult a professional, warm up properly, and remember the following tips.

Keep Your Knees Up

When doing crunches, you want your knees to be bent and your feet flat on the floor so that your knees are centered and pointed upward. Keep them centered and up, not to one side. If you drop your knees to one side, you are unnecessarily compressing your vertebrae, which can lead to a painful back injury.

Sit-Ups

Traditional sit-ups actually do very little for the abdominal muscles. Even when done properly, the strain is mostly on the hip muscles. There is also the tendency to pull the torso up with the arms, which of course is not the point of the exercise. Further, when sit-ups are done very quickly, as people have a tendency to do, it is momentum that mostly forces the torso up and down, rather than any muscle groups. The crunch is a good alternative to old school sit-ups.

Straight Leg Lift

Another traditional "stomach exercise," this move actually works the lower back more than any muscles in the midsection. This is also another way to put strain on your back, possibly leading to injury.

Too Many Reps

There is never a need to do more than fifty reps of a stomach exercise. If fifty reps is not giving you results, doing more than that will not help either. As you build strength, if you feel the need for a bigger challenge, try a more difficult exercise as an alternative to adding reps.

Sleeping

Believe it or not, how you sleep has an effect on your stomach exercise routine. If you sleep in a position that causes back pain, it will make it much more difficult to work on your midsection in the morning. Sleeping mostly on your stomach is one of the best ways to cause back pain, as it forces your back to arch, often resulting in annoying back pain. The best way to avoid this is to sleep on your back with a pillow under your knees. This will help keep your vertebrae in line, prevent back pain and allow you to work out pain free in the morning.

No Resistance

All stomach exercises need resistance to be effective, whether it comes from a resistance band, an exercise ball, or just gravity. Exercises that do not use any resistance, such as standing broomstick twists, will not be beneficial to your midsection. The good news is that this particular exercise will not do any harm and is actually a good warm up for your trunk. Just do not expect it to flatten out your stomach.

Proper exercise technique is important. These are just a few tips to help you avoid wasting time and potential injury. Be sure to research thoroughly before beginning a new exercise, and always consult your physician before beginning any physical fitness routine.

Reduce The Size of Your Tummy

Now that spring seems to finally be back in our lives, many people are concerned about wearing down that belly they have built up, making way for a sculpted midriff to shine through. Those folks who let themselves go a little in the winter months may be working overtime now that it is April and thoughts of bikinis are dancing in their heads. The good news is that there are, of course, stomach exercises to speed along the process. Some are better than others, including these few, which are good specifically for reducing the size of that tummy. These particular exercises are targeted at beginners, so give them a try if you are just starting out. Once you have mastered these, feel free to advance to something more challenging. When doing these exercises, it is important to move slowly so as to maintain control and not allow momentum to take over. As with any workout routine, be sure to consult a professional before beginning and always warm up properly to avoid injury.

Vertical Leg Crunch

This is a variation on the traditional crunch that focuses more specifically on reducing stomach fat. To begin this stomach exercise, first lie on your back on a flat surface, such as the floor. Use a mat or towel to cushion your spine. Put your hands behind your head, with elbows out far enough that they are out of sight. Now lift your legs straight up into the air, crossing your ankles and bending your knees slightly. Contract your abdominals and lift your shoulders, head and upper back up to about a thirty degree angle. Be aware of not lifting with your hands or leading with your head.

Hip Lift

You will need to stay on your back for this stomach exercise. Use a mat or towel to cushion your spine. Put your arms at your sides with palms facing up to the ceiling. Put your legs straight up in the air so that the soles of your feet are facing the ceiling and your legs make about a ninety degree angle with your torso. Keep your knees unbent and as straight as possible. Now, contract your ab muscles so that it feels like your belly button is being pulled toward your spine, while at the same time gently lifting your hips off the floor. Raise your hips to height of a few inches, keeping your legs extended straight upward. Hold this position, then slowly lower your hips back to the floor. Repeat for an entire set.

Long Arm Crunch

For this stomach exercise, remain on the floor with your knees bent and feet flat. Lie back and extend your arms straight back on the floor as though you are reaching above your head. Contract your abs and slowly lift your arms, head and shoulders off the floor to about a thirty degree angle. Hold it, then slowly lower your shoulders back to the floor. Repeat for an entire set. Be careful not to lead with your arms, keeping them straight and alongside your head.

Shrink Your Tummy!

The midsection is a problem area for many people, and those who want to shrink the size of their belly are numerous. A balanced diet is a good place to start, but there are also some great stomach exercises to help along the process. The exercises discussed below meet this description, as they are specifically designed to help reduce belly fat, and therefore, the size of your tummy. These particular exercises are targeted at beginners, so give them a try if you are just starting out. Once you have mastered these, feel free to advance to something more challenging. When doing these exercises, it is important to move slowly so as to maintain control and not allow momentum to take over. As with any workout routine, be sure to consult a professional before beginning and always warm up properly to avoid injury.

Vertical Leg Crunch

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Long Arm Crunch

For this stomach exercise, remain on the floor with your knees bent and feet flat. Lie back and extend your arms straight back on the floor as though you are reaching above your head. Contract your abs and slowly lift your arms, head and shoulders off the floor to about a thirty degree angle. Hold it, then slowly lower your shoulders back to the floor. Repeat for an entire set. Be careful not to lead with your arms, keeping them straight and alongside your head.

Reverse Crunch

You will need to stay on your back for this stomach exercise. Use a mat or towel to cushion your spine. Put your arms at your sides with palms facing up to the ceiling. Put your legs in the air so that your knees are bent at ninety degree angles and your hips make about a ninety degree angle with your torso. Keep your knees unbent and as straight as possible. Now, contract your ab muscles so that it feels like your belly button is being pulled toward your spine, while at the same time gently lifting your hips off the floor. Raise your hips to height of a few inches, keeping your legs extended straight upward. Hold this position, then slowly lower your hips back to the floor. Repeat for an entire set.

Stomach Exercises For A Flatter Tummy

The weather is warming up, and for many people, that means it is time to work on that little bulge that has been taking up residence around the midsection since Thanksgiving. These several exercises can help you shed that excess turkey weight and flatten out that stomach in time for beach season. As with any workout routine, be sure to consult a professional before beginning and always warm up properly to avoid injury.

Plank

For this stomach exercise, you will need to lie on a flat surface, such as the floor. You will be lying in your stomach, so you may want to use a mat or towel to cushion your knees. Prop your upper body up on your forearms so that your elbows make a ninety degree angle and are positioned directly below your shoulders. Now lift your body up off the floor so that your lower body is supported by your toes, while your upper body remains supported by your elbows. Your body should basically be a straight line, with no arch or drooping through your back. Hold this position for twenty seconds, then lower your body back to the floor. One repetition is sufficient.

Side Plank

This stomach exercise is a variation on the previous one, and begins in the same starting position. Once you are positioned properly, roll to your right side, keeping your torso supported with your right forearm. You will have to raise your hips and roll your feet so that your left foot is on top of your right. As in the plank, your body will be a straight line, but this time you will be on one side. Place your left hand on your hip and hold the plank position for five seconds. Return to start and repeat on the left side.

Ball Roll

If you just quickly glanced at the title, you may have gone to find a ball before reading on. If you did, you can go put it away, because in this stomach exercise, you are the ball! First, sit on the floor and hug your knees to your chest. Roll back slightly so you are balancing on your tail bone and your feet are off the floor, toes pointing downward. Pull your abdominals inward while rolling onto your lower back and the upper part of your butt. Contract your abdominals and pull yourself back to the starting position. Loosening your arms up may help if you find this exercise too difficult at first.

Standing Crossover

As the name implies, you will need to stand up for this stomach exercise. Position your feet a few inches apart. Put your arms out to the sides and bend your elbows at a ninety degree angle so your fingertips are pointing to the ceiling and your palm are facing forward. Contract your abdominals and lift your right knee toward your left elbow, while at the same time bringing your left elbow down toward your right knee. Touch the two joints together, pause, then return to start. Switch sides and repeat for an entire set.

Stomach Exercises to Eliminate Belly Fat

Now that spring seems to finally be back in our lives, many people are concerned about losing those few extra pounds of chub which stand between them and a sculpted midriff. Those folks who let themselves go a little in the winter months may be working overtime now that it is April and thoughts of bikinis are dancing in their heads. The good news is that there are, of course, stomach exercises to speed along the process. Some are better than others, including these few, which are good specifically for trimming belly fat. As with any workout routine, be sure to consult a professional before beginning and always warm up properly to avoid injury.

Hip Lift

For this stomach exercise, you will need to lie on your back on a flat surface, such as the floor. Use a mat or towel to cushion your spine. Put your arms at your sides with palms facing up to the ceiling. Put your legs straight up in the air so that the soles of your feet are facing the ceiling and your legs make about a ninety degree angle with your torso. Keep your knees unbent and as straight as possible. Now, contract your ab muscles so that it feels like your belly button is being pulled toward your spine, while at the same time gently lifting your hips off the floor. Raise your hips to height of a few inches, keeping your legs extended straight upward. Hold this position, then slowly lower your hips back to the floor. Repeat for an entire set.

Seated Torso Twist

Stay on the floor for this stomach exercise, getting into a seated position. Bend your knees so that your feet are flat on the floor. Position your feet about hip width apart. Extend your arms straight out in front of you, interlocking your fingers. Contract your abdominals and lean back about forty-five degrees. Holding the contraction, rotate your torso as far to one side as you are comfortably able. Use your abdominals to control this motion so that your upper body moves at once, do not lead with your arms. Remember to keep your arms in front of you with fingers locked-- pretend you are aiming an imaginary gun. Once you have rotated as far as you feel comfortable, rotate back to center, then to the other side. Repeat these steps for an entire set. Take care to go slow and keep a controlled movement. Do not allow your momentum to twist you.



When To Do Stomach Exercises

There is no question, people want flatter stomachs. Whether it is a woman who just had a baby, or a man who wants to impress someone, or anyone in between. While most people have good intentions when it comes to building their "six pack" not as many people can find the time or dedication to really follow through to see real results, and usually give up. To remedy the problem there are several ideas that can help a person wanting to get a flatter stomach but cannot find the time or energy to do intense stomach exercises.

For as many people that want to do stomach exercises, there are just as many people, probably more, that like to watch television. This is a perfect time to do stomach exercises. During commercials, or every ten minutes if there are no commercials, try lying on the floor and doing as many stomach exercises as possible during the break. If you have not done stomach exercises in awhile, it is best to start slowly, but eventually make it a game, and try to get more repetitions in each time. By following this simple plan, it will help your body in several different ways. First of all, there is no extra scheduling involved, for most people, watching television at some point in the day is natural so no extra time is taken out of the day to do stomach exercise. The second thing this strategy helps with is that the human body should not remain motionless for more than thirty minutes anyway, by getting up and doing stomach exercises every few minutes it really boosts up the bodies metabolism.

Another good time to do stomach exercises is first thing in the morning. Try rolling out of bed, maybe literally, and lie down on the floor and do as many repetitions as possible in a set amount of time, even just five minutes. There is a lot of evidence to suggest that exercising first thing in the morning may be more beneficial to a person than trying to exercise other times of the day. While there are many reasons for this, one valid reason is that it gets the metabolism going for the day after a nights sleep. Since most people are extra concerned about the appearance of their stomach, it seems logical to start the day with a good set of stomach exercise.

Of course, for those that are able to dedicate time each day to exercising, their routine should include stomach exercises. There are some reports that say that muscles need time to rest, so only exercise a particular group of muscles every other day, while other reports say that stomach muscles are ok to exercise everyday. One way to answer the question on when to do stomach exercises, every day or every other day is first listen to your body. If the stomach muscles are sore, rest them, if not then maybe one day work on them more intensely than the next day, but try to include at least one set of stomach exercises daily.

There is good reason for wanting to develop strong stomach muscles, besides for appearance sake. This is the core of your body. If it is not strong, the rest of your body will suffer. The good news is that most stomach exercises can be done anywhere with absolutely no machines or gadgets. With a little diligence and some creativity, there are plenty of times throughout the day to sneak in stomach exercises.

The Post-Partum Tummy Routine

Having a baby is a beautiful and exciting thing. What is less beautiful and exciting, however, is the extra weight that hangs around the midsection after the baby has been born. The best way to go about shedding this baby belly is proper diet and an exercise routine, which may not always be easy to do for a new stay-at-home mom still reeling from a pregnancy. The good news is that working out and eliminating the extra belly fat will give you more energy, so you can spend more quality time playing with and caring for your new rugrat. Here are a few simple exercises to set you on your way toward baby belly freedom. As with any workout routine, be sure to consult a professional before beginning and always warm up properly to avoid injury.

Progressive Crunchless Crunch

This stomach exercise works your abdominals as well as a crunch does, but without the strain to your neck and back. Begin by sitting in a chair, placing one hand above and below your belly button in order to feel the contraction of your abdominals. Take one big deep breath, so your midsection expands completely. Then let the breath out as you pull your belly in, imagining your belly button being pulled inward toward your spine. Finally, briefly contract your abs five times. Do a full set of repetitions of all three parts. You can also try this exercise lying on your back. Try both to see which one helps you feel the contractions of your abdominal muscles better.

Contractions

This exercise starts off very much the same way as the last one, but involves quicker steps and more repetitions. Begin by sitting in the same position as in the progressive crunchless crunch, and taking the same deep breath. This time, instead of bringing your belly all the way back, exhale and bring it just about halfway. Then pull your belly button back toward your spine. Contract and hold for a count of one. Repeat from the half-exhalation point. Do the whole thing one hundred times.

Crunchless Crunch

As you can tell from the name, this stomach exercise is very similar to the first. Instead of making a few stops as you exhale a deep breath, however, this exercise consists of just one move. To start, either lie on your stomach or kneel. You might want to try both ways and see which helps you feel the exercise better. Relax your body as much as possible, then try to use only the lower abdominals to move your belly button toward your spine. Hold for ten seconds. If holding for ten seconds feels easy, hold for a longer period. The goal is to hold the contraction until you either cannot feel it, or you feel other muscles working harder than the transverse abdominus. When you feel this, let the contraction out.

If you start doing these stomach exercises at home in your spare few (very few) minutes, you can lose your baby belly and be fit and trim and just a few months-- just in time to start chasing after Junior once he learns to crawl!

The Stomach Exercise All-Stars

There are plenty of stomach exercises out there for those who want to shape their core and strengthen their midsection. This may be both a blessing and a curse. It is easy to find plenty of exercises and routines that work the midsection, but how does one know which ones are any good? Well, listed here are what appear to be some of the best around, according to recommendations by fitness experts. If you want to work on your stomach, but are not sure where to start, then this "all-star team" may be a good jumping off point. As with any workout routine, be sure to consult a professional before beginning and always warm up properly to avoid injury.

Crunchless Crunch

Regular crunches are great for working the rectus abdominus (the muscles at the front of your stomach), but they do very little for the transverse abdominal muscles deeper in the midsection, plus they tend to put strain on your back and neck. This first exercise corrects that, working the transverse muscles with no back or neck strain. Essentially, it involves trying to pull the belly button in towards the spine. This can be tricky, as it involves using muscles which you may not be used to activating. To start, either lie on your stomach or kneel. You might want to try both ways and see which helps you feel the exercise better. Relax your body as much as possible, then try to use only the lower abdominals to move your belly button toward your spine. Hold for ten seconds. If holding for ten seconds feels easy, hold for a longer period. The goal is to hold the contraction until you either cannot feel it, or you feel other muscles working harder than the transverse abdominus. When you feel this, let the contraction out.

Hip Lift

Remain on your back for this stomach exercise. Put your arms at your sides with palms facing up to the ceiling. Put your legs straight up in the air so that the soles of your feet are facing the ceiling and your legs make about a ninety degree angle with your torso. Keep your knees unbent and as straight as possible. Now, contract your ab muscles so that it feels like your belly button is being pulled toward your spine, while at the same time gently lifting your hips off the floor. Raise your hips to height of a few inches, keeping your legs extended straight upward. Hold this position, then slowly lower your hips back to the floor. Repeat for an entire set.

Long Arm Crunch

For this stomach exercise, remain on the floor with your knees bent and feet flat. Lie back and extend your arms straight back on the floor as though you are reaching above your head. Contract your abs and slowly lift your arms, head and shoulders off the floor to about a thirty degree angle. Hold it, then slowly lower your shoulders back to the floor. Repeat for an entire set. Be careful not to lead with your arms, keeping them straight and alongside your head.

Some other honorable mentions include the vertical leg crunch, torso twists, and any Pilates routine that emphasizes the core. Feel free to research some of these exercises more once you have mastered the three above. Now that you are armed with some of the better stomach exercises, you are on your way to a trimmer tummy!

The Strong Stomach Workout

When beginning an abdominal workout routine, for most people the goal is simple: a flatter stomach. While a smooth, flat stomach looks good, it is less of an accomplishment if the stomach muscles have not gained any strength. In addition to slimming down around the outer abdominals, it is also important to build strength in the core abdominals. Below are some stomach exercises that work out the core to build strong muscles throughout the abdomen. As with any workout routine, be sure to consult a professional before beginning and always warm up properly to avoid injury.

Tone Your Torso

Begin this stomach exercise on all fours, knees and hands on the floor. Keep your stomach pulled in and extend your left arm out in front of you (football fans, imagine a referee signaling first down). Keep this arm outstretched as you extend your right leg out behind you. Switch arms and legs, and repeat for an entire set. Take particular care not to let your pelvis sway out of position.

Butt Burner

You will need to lie on your back for this exercise. Use a mat or towel to cushion your spine. Bend your knees so your feet are flat on the floor, and position your arms at your sides. Squeeze your buttocks as you lift your pelvis off the floor. Keep the rest of your body in line. Raise your pelvis to about forty-five degrees, so your upper body from your head to your knees makes a straight, flat ramp. Hold this for three to five seconds before slowly lowering your pelvis back to the floor. Repeat for an entire set.

Crunchless Crunch

This stomach exercise is fairly simple in theory but can be fairly difficult to perform. Essentially, it involves trying to pull the belly button in towards the spine. This can be tricky, as it involves using muscles which you may not be used to activating. To start, either lie on your stomach or kneel. You might want to try both ways and see which helps you feel the exercise better. Relax your body as much as possible, then try to use only the lower abdominals to move your belly button toward your spine. Hold for ten seconds. If this feels easy, hold for a longer period. The goal is to hold the contraction until you either cannot feel it, or you feel other muscles working harder than the transverse abdominus. When you feel this, let the contraction out.

Scissor Kicks

This stomach exercise also requires lying on the floor. Position your hands under your butt, keeping your back pressed against the floor. Slowly raise one leg to a height of about ten inches, then slowly lower it back to the floor. As your lower one leg, raise the other. Repeat this motion for an entire set. Maintaining control throughout is important, not allowing momentum to get the better of you. Your upper body should remain on the floor through the entire move.

These are just a few of all the strength building stomach exercises out there. If you are looking to build strength in your midsection, look for any exercise that works your core, especially the transverse abdominal muscles. Many components of Pilates are good for this also.

Using Resistance Bands In Stomach Exercises

Using resistance bands can be an effective component of any workout routine, and stomach exercises are no exception. There are a number of exercises targeting the midsection that incorporate resistance bands. Resistance bands come in a variety of difficulties, usually indicated by the color of the band itself (e.g., green can be little resistance, yellow may be medium, red for difficult, etc.). Choose a resistance level that is appropriate for you, then move up as necessary. Do not overdo it by immediately grabbing the most advanced band you can find, as this can lead to injury. As with any workout routine, be sure to consult a professional before beginning and always warm up properly to avoid injury.

Seated Crunch

This exercise provides the same benefits as the basic abdominal crunch, but with less neck strain and without the possible discomfort that comes with lying on the floor, since it uses a band rather than gravity to provide resistance. For this stomach exercise, you will need to be sitting in a straight back chair which you can somehow loop your band through. Sit up straight with your feet flat on the floor and about as wide apart as your hips. Contract your abdominal muscles, and slowly bend forward to about a forty-five degree angle. Repeat for an entire set. Be sure to keep your feet on the floor and your back as straight as possible.

One-Arm Band Pull

Put the chair away and stand up, again with feet hip width apart. Put your hands above your head, holding the band about eighteen inches apart. Keeping your left hand overhead, bring your right hand out to the side, elbow bent at about a ninety degree angle. Hold your left arm still as you contract your abdominals and lower your right arm until your hand is in line with your chest. Hold this position, then slowly return. Repeat for an entire set, then switch hands. Keep your back straight and avoid bending or leaning at the waist. For an additional challenge, do this exercise standing on one foot. Perform the exercise with both hands while standing on your left foot, then do it all again on your right foot.

Twisting Roll-Back

For this stomach exercise, you will need to sit on a flat surface, preferably the floor. Use a mat or towel for cushioning to ease possible strain on your tail bone. Sit down with your legs bent and heels on the floor. Your toes should be pointing up-- do not put your feet flat on the floor. Loop the band around your feet, put one end in each hand and put your hands together. In a rolling motion, lower your torso toward the floor about forty-five degrees. As you do this, twist to the right and spread your hands to the sides. Hold for a second, then rotate back to the middle and raise your torso back to start. Your heels should remain on the floor throughout the exercise. Do a full set, then switch to the left side.



Conclusion

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