

The No 'Crunch' Abdominal Workout

People spend a long time in the gym completing sit ups, crunches, side bends..... all in quest for the perfect flat stomach or '6 pack'.

The truth is though in order to get a firmer, stronger stomach we need to incorporate other movements in to the exercise to develop our abdominals (core)

Below are 4 simple exercises which not only work the abdominals (core) but other parts of the body too.

Exercise 1 - Up and Downs

- Starting in a press up position take 1 hand off the floor and lower on to your elbows
- Repeat on the other hand so both elbows are on the floor and your arms are bent to 90'
- Keep your back straight and do not twist your hips when you lower down
- Take 1 elbow off the floor and back on to your hands then repeat on the other arm
- At no point through the movement should your hips twist, keep your back straight at ALL times

Exercise 2 - Threading the Needle

- Start off in a full press up position
- Take 1 hand off the floor and twist so your body opens up and you are in a sideways position
- Twist back around to a press up position but instead of putting your hand back on the floor rotate your hand under your body
- Repeat on the same side for the repetitions

Exercise 3 - Press Up Knee Lifts

- Start in a press up position
- As you lower down to a press up lift 1 foot off the floor and bring your knee to the elbow
- When you push back up take the leg back straight and place your foot back on the floor
- Then repeat on the other side
- Keep your back straight through the movement and stomach tight, do not drop the hips

Exercise 4 - Advanced Superman

- Start off on all 4's keeping your back straight
- Take 1 knee and the opposite hand (left and right) off the floor

- Straighten the arm and leg out simultaneously keeping your back straight
- Bring your hand and knee back in towards the body but do not place them on the floor
- Bring your knee right to your chest and your arm alongside it and then repeat on the other side

The Workout

Pair exercises 1 and 2 together and 3 and 4.

3 Sets for each group

Complete 30 repetitions of exercise 1 and then move straight on to exercise 2 completing as many repetitions as possible in 1 minute

Then move back on to exercise 1 and complete 2 further sets

Take 2 minutes rest and then move on to exercise 3 completing 30 repetitions and then 1 minute of exercise 4 completing as many repetitions as possible. And again complete 3 sets in total.