

Abs 101!



If you have a Gym ball here are some exercises you can do at home. Start using your yellow ball by sitting on it as shown here. Knees against the wall and then use your abs to sit all the way up, squeezing your abs all through the movement.

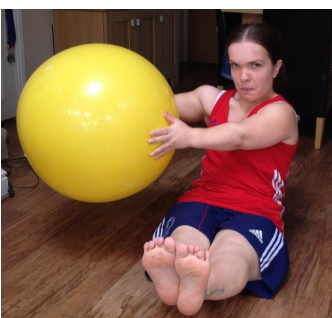


Progress to doing sit-ups with your feet on the wall and your knees bent. Your lower and mid back should be on the ball. The next progression is to have your legs straight.



Another variation is to do crunches. This is a small movement where you lift your upper back off the floor to reach your knees.

To progress your crunches as you come up reach your left hand to your right knee and then your right hand to your left knee. 10 to each side counts as one set.



The final variation for Abs 101 is the 'V' sit. Balance on the bony bits in your bum and lean back as far as you can keep your balance for the lift your feet off the floor. Holding this position move the ball from right to left 10 times. This exercise is the hardest one.

As with any exercise start with the easiest and work up. All these exercises should not cause pain. They will work your muscles and you may ache afterwards but they should not cause you any pain. If they do then stop immediately! If you have any questions about these exercises then contact the DSA office.

With all these exercises start with 3 sets of 10 with a 30 second break between each set. Once that is too easy do 3 sets of 20.

More Gym ball exercise to follow in the next few days