

PVBM Healthfirst
presents
TRAINING ABDOMINALS

Before we start, you must know that the only way you can burn fat to reveal your beautiful abdominals is to burn more calories than you take in. Spot reducing is a myth and even doing 500 sit ups a day does not burn enough calories to significantly improve appearance.

So What DOES Work?

To best understand how to work your abs you must first understand what they do. Basically, they hold your internal organs in place and support your skeletal posture. As they are attached to the rib cage and pubic bone, only exercises that shorten the distance between those two structures are effective. I caution you to also work your back area in conjunction with your abs to assure balanced development. Failure to do so can result in sway back and nerve disorders.

What DOESN'T Work?

Sit-ups With Anchored Legs: In the 1950's, an Army G.I. though partially paralyzed with no use of his abdominal muscles, was able to complete 60 of this type of sit-ups in one minute by synchronizing leg and back movements.

Jerky Movements: The range of motion most effective to develop the abdominals is very small. A controlled and deliberate movement is necessary to assure maximum results.

Weighted Movements: Logic dictates that if you are successful in a weight lifting program, those muscles will grow larger. This is not a desirable result for your midsection.

THE ROUTINE

The following abdominal components and exercises are listed by order of fatigue with suggested reps for maximum results. You should begin with the exercises in the box. Every two weeks you may add another exercise from the list. Your first addition should come from the top of the list and your next from the bottom, then the top, and so on. You must get the maximum result from each level before you move on, Technique is very important! Ask your instructor for enhancement techniques to make each exercise more difficult as you improve. Perform the routines four days per week with a 3-breath rest between exercises. Even at the highest levels, routines will not exceed 8 minutes per day.

For beginners, press the small of your back down on the floor or bed for a count of five. Now pull your stomach in for a count of five. Repeat this sequence a total of ten times each. All levels should end with this sequence.

Lower Abs

Hanging Knee Raises or Roman Chair X 15

Hanging Knee Raises or Roman Chair X 10

Hip Thrust X 30

Hip Thrust X 25

Obliques

Cross Crunch X 35

Rectus Abdominus

Crunch X 25

Crunch X 20

Upper Band

High Reach X 25

High Reach X 15

Finish

Reverse Crunch X 15

In over 30 years I have never had anyone not notice a marked improvement in just two weeks!