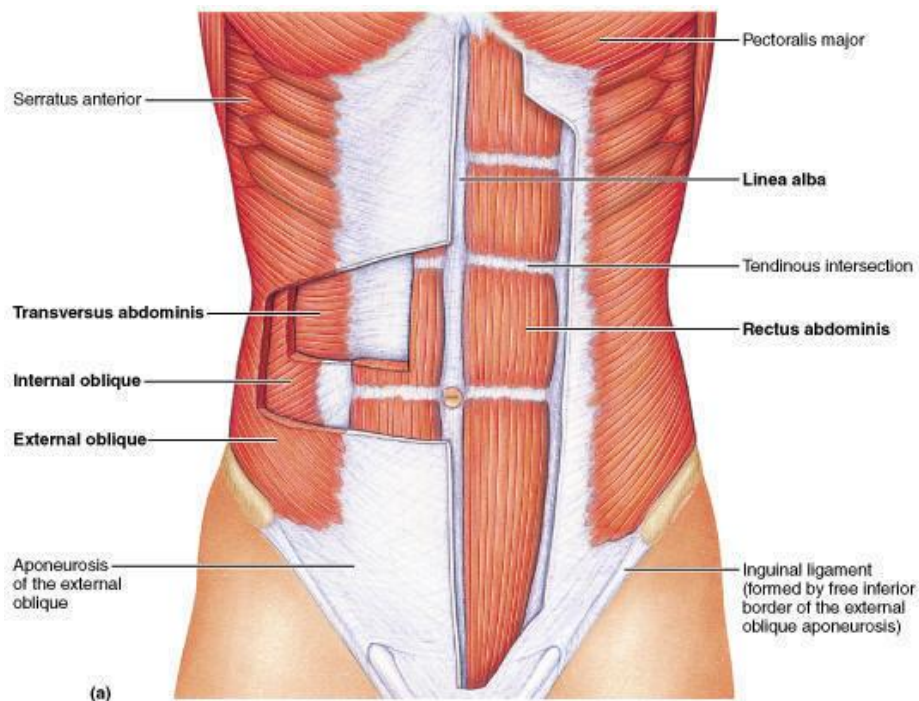


The following abdominal exercises, when done correctly, will give you an incredible workout. They are suitable for both **men and women**.



## Most Effective Abdominal Exercises

*You have full rights to distribute this e-book as you wish, providing that you do not change its contents.*

Fully Prepared by Fitness Experts in conjunction with  
[www.theprovenprogram.com](http://www.theprovenprogram.com) – Fitness and Health ©

## Table of Contents

Before you start

The Plank

V-up

Decline Hip Thrust

Hanging Knee Raise

Mountain Climber

Oblique Crunch

Elbow Stabilisation

Vertical Hip Raise

Scissor Kicks

Rollouts with Ab Wheel

Knee Tuck on Stability Ball

Air Bike Crunches

## Before You Sstart

[Send This to a Friend](#) and receive the [BodyFat Calculator and Tracker Tool](#) as a free bonus, so you can calculate and track your Body Fat Percentage as you get fitter while using these exercises!

Note: The most common misconception is that doing countless abdominal exercises will allow you to lose unwanted fat around their stomach. This is probably one of the biggest myths of all time. The truth is, you need to burn off that layer of fat through effective cardio and food consumption. Most people don't know what foods and cardio sessions actually work, and all too often are practicing those that are not effective...

**Fitness Trainers Recommendation: (ie. Get a 6-pack much sooner than you imagined!)**

The abdominal exercises in this booklet should come hand in hand with recommended nutrition and cardio, and it is up to you to find out exactly what foods and precise exercise plans will allow you to achieve this goal. **For a detailed, expert, step-by-step guide that is looked up to by predominant fitness trainers worldwide, they highly recommend investing your spare change with Tom Venuto's [Burn the Fat Feed the Muscle](#).**

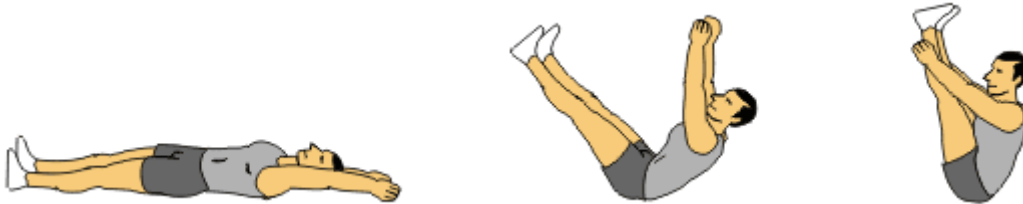
## The Plank



Performed correctly:

1. Start by placing your forearms and toes on the ground.
2. Push off the ground, resting on your toes and elbows. Ensure your back is straight, and parallel to the floor.
3. Hold this position for 30 – 60 seconds, keeping your back straight and parallel to the floor.
4. Take a 1 minute break, and repeat 3-4 times.

## V-Up



Performed correctly:

1. Start position: Lie with back onto floor or bench with knees bent and hands extended. Head should be in a neutral position
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Simultaneously raise legs up off the floor such that arms and feet slightly cross over. Hold for 2 seconds.
3. Slowly lower legs and arms as far as your abs have strength for, and repeat for 12-16 reps.

Tom Venuto's [Burn the Fat Feed the Muscle](#) \*\*Fitness Trainers

Recommendation

## Decline Hip thrust



Performed correctly:

1. Lie on a decline bench with your head at the top and feet towards the floor.
2. Keeping your legs semi straight curl them up towards your head and try to curl/thrust your hips up off the bench when you reach the top.
3. Slowly unwind, lowering your legs to approximately halfway down towards the bench.
4. Repeat for 12 – 16 repetitions, keeping your legs in control at all times.

Note: Do not arch your back during this exercise.

## Hanging Knee Raise



Similar to 'Vertical Hip Raise'

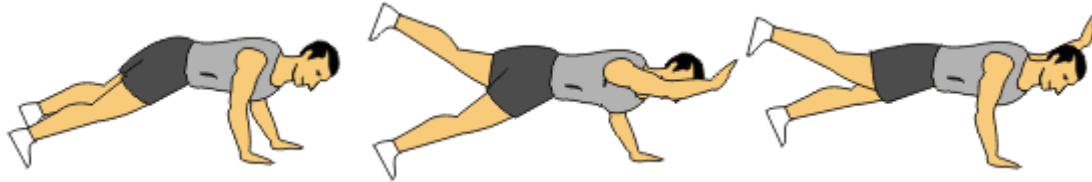
Performed correctly:

1. Begin hanging from the bar with your arms straight.
2. Bring knees up with hip flexed at approximately 90°.
3. Slowly lower legs, ensuring rest of the upper body remains stable.
4. Repeat for 12 – 16 repetitions.

Note: Remember to keep head and back in a neutral position. Keep stomach tight (naval drawn in towards spine) throughout the entire movement.

Tom Venuto's **Burn the Fat Feed the Muscle** \*\*Fitness Trainers  
Recommendation

## Mountain Climber



Performed correctly:

1. Starting position: Assume a pushup position on your hands and knees.
2. Raise your right arm and left leg out simultaneously and hold for three seconds. Lower both slowly.
3. Return to the starting position, and repeat movement with opposite leg and arm.
4. Alternate from side to side, for 12 – 16 repetitions.

## Oblique Crunch



Performed correctly:

1. Start by placing your left foot over your right knee and place your hands behind your head.
2. Lift your shoulders up off the ground and twist so that your right elbow tries to touch your left knee.
3. Return to the starting position slowly, and repeat according to the required repetitions.

## Elbow Stabilization (Extremely effective!)



### *(a) Beginner*

Performed correctly:

1. Form a plank position with your elbows and your feet keeping your body parallel to the floor.
2. Keeping your trunk tight and parallel lift up one elbow and rotate your trunk and shoulders.
3. Hold for a count of 2 and then return to the starting position and repeat with the other arm.
4. Repeat for 12 - 16 repetitions.

### *(b) Advanced*

Performed correctly:

Once you have mastered (a), do this exercise with light dumbbells in each hand. Do the same steps as above, except you will be starting from a 'pushup' position.

Note: This is an excellent exercise which will really strengthen your core. However to get maximum benefit, you must attempt to stabilise your entire body during the movements of this exercise.

## Vertical Hip Raise



Performed correctly:

1. Step up onto apparatus and place forearms into pads. Grasp handles and stabilize shoulders by depressing shoulders down
2. Bring knees up with hip flexed at approximately 90°.
3. Keeping back firmly pressed against back support, slowly lower legs.
4. Repeat for 12 – 16 repetitions.

Note: Remember to keep head and back in a neutral position. Keep stomach tight (naval drawn in towards spine) throughout the entire movement.

## Scissor Kicks



Performed correctly:

1. Start with lying on the floor, Lie back onto floor or bench with both knees bent and feet flat. Place hands at sides.
2. Contract abdominal muscles continuously to stabilize trunk (or tuck stomach in by drawing naval in towards spine). Lower back should be in a neutral position.
3. Starting position: straighten both legs and lift them off the floor completely.
4. Slowly bring legs out and away from each other, and then return to the starting position in a slow and controlled manner.
5. Repeat this outwards and inwards motion for 12 – 16 repetitions.

## Rollouts with Ab wheel

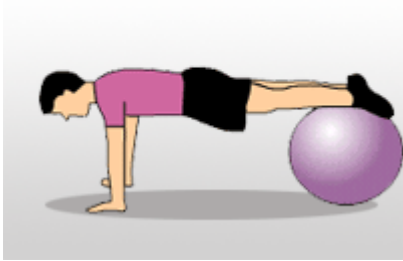


Performed correctly:

1. Start by sitting on your knees and placing your hands on the ab wheel.
2. Proceed to roll out with the ab wheel, in a controlled manner, until you are just short of full extension.
3. Use your arms to pull yourself back up to a semi-upright position.
4. Repeat for 8 - 12 repetitions.

If done correctly, you will feel a strong contraction in your abs.

## Knee Tuck on Stability Ball



Performed correctly:

1. Start in a push up position and your shins on top of the stability ball.
2. Slowly bring your knees in towards your chest and elevate your rear, while contracting your abs.
3. Return slowly to the starting position. When your legs are extended make sure you keep your hips in line with your body, not letting them drop towards the ground.
4. Repeat for 12 – 16 repetitions.

## Air Bike Crunches (Most Effective!)



Performed correctly:

1. Start by lying on your back with your hands behind your head.
2. Bring the thighs in at 90 degrees to your hip, and lift your shoulder blades off the floor (without pulling on your neck).
3. Simultaneously curl your right shoulder and left knee up towards the center of your body until your elbow and knee touch. Slowly return to the starting position and repeat with the other side.
4. Continuously alternate sides in this 'pedaling' motion, for 12-16 repetitions.

Tom Venuto's [Burn the Fat Feed the Muscle](#) \*\*Fitness Trainers  
Recommendation

**[Send this Guide to your Friends, now!](#)**

***You have full rights to distribute this e-book as you wish,  
providing that you do not change its contents.***