A Beginner’s Guide to Abdominal Exercises

It’s important to exercise all parts of your body, but having a strong core makes all other daily activities much easier and prevents back injuries. The best way to get started is to do some simple bodyweight exercises at home!

The Classic Plank (not pictured)

Lie on your stomach, and raise your body up in a straight line so that your bodyweight is on your elbows and toes. Keep your back straight and your hips up. Hold your abs tight (as though you were bracing for a punch to the stomach), but breathe normally. Hold this position for 30–90 seconds. As you get stronger, hold the plank for longer!

High Knees (pictured below)

This exercise warms up your core, and acts as cardio too! Staying in place, bring one knee up towards your chest. Once it’s there, quickly put it down and simultaneously bring your other leg up to the same position, like running. Continue to alternate legs for 10 cycles. Take a 2-minute break, and then repeat the set again!

Knee hugs (pictured above)

Try this one when you’re watching TV! Sitting on the floor with your legs outstretched, draw them in towards your torso to hug your knees. Your feet should be hovering above the floor. Hold for 60 seconds, then release.

For general fitness, do each of these exercises 2-3 times a week!

References: http://www.earlytorise.com/3-core-exercises-for-beginners/
http://www.arthlete.com/2013/07/gymnastics-abdominal-exercises-for-beginners/

Top image: http://www.arthlete.com/2013/07/gymnastics-abdominal-exercises-for-beginners/