

## 2 Abdominal Exercises You Must Include In Your Abdominal Workout

There are tens of abdominal exercises that you could potentially include in your abdominal workouts and training programme, but these, in my opinion, are two of the most important ones. Combined, they exercise all four parts of the abdominals to ensure a more toned abdominal area. The two abdominal exercises are called straight legged toe touches and sit up twists and both are easy to learn and even easier to implement by following the instructions in this article.

### Exercise Number 1 - Straight Legged Toe Touches

Muscles worked - Lower, Middle and Upper Abdominals

Details - Lay on the floor (preferably on an exercise mat) with your legs stretched out and together pointing into the air. Your legs and your abdomen should be at right angles to each other. Your head and neck should be slightly lifted off the ground and your shoulders should also be very slightly elevated. Place your arms together and in front of you with your fingers pointing towards your toes.

Reach for your toes as far as you can. This will contract the abdominals. Also, lift your head, neck and shoulders off the floor and breathe out as you reach up with your arms and contract your abdominals. Crunch up as far as is comfortable and bear in mind that reaching your toes is an unrealistic target.

Gradually lower your body back to its original position. This will relax the abdominals. Breathe out as you lower your body. Relax for a second or two and repeat the process.

### Exercise Number 2 - Sit up Twists

Muscles Worked - Upper, Middle, Lower Abdominals and the Obliques (sides of the abdominals)

Details - Lay on the floor with feet flat on the floor and legs slightly bent. Place your right hand on your right temple and your left hand on your left temple.

Raise your back up towards your knees and when you reach as far as you feel comfortable. Twist your right elbow to touch your left knee and then your left elbow to touch your right knee.

Relax your torso back to the ground, keeping your hands on your temples. Rest for one or two seconds and repeat the process. Remember to breathe in as you lift your torso and out as you relax it back to its initial position.

The twists you perform in this action help to exercise the obliques which give a more toned overall composition of your abdominal muscles.

If you don't currently have these two abdominal exercises included in your abdominal workouts, then you must incorporate them now and I'm sure you will notice the difference in no time at all and shed the excess abdominal fat quicker than ever.

Source: <http://www.articlecircle.com>

### About the Author

James Penn is an expert at planning fitness training programs and especially abdominal routines. You can learn exactly what he teaches for free at <http://www.firmupyourabs.com> including abdominal workouts and abdominal exercises to help you lose abdominal fat.