

Best Ab Exercises - Quickly See Dynamite Results

Everyone wants their midsection to look great. If your abs are not in good shape, you're nobody, at least to some. The midsection looks awesome when it is slim and flat with a muscular build. The whole body looks awesome when we tone p muscles all over the body. To get such a body you must regularly do ab exercises.

by JohnHawking

Many of us will like to look good with a flat midsection. But some of us who do not have one, feel let down and have low self esteem. A slim and muscled midsection looks real great. It looks greater even with well toned muscles all over your body. Do ad exercises regularly for great going abs and to get a great look!

There are a lot of acclaimed exercises. Choose an exercise which suits you best rather than fancying with unsuitable ones for you. Some exercises may work better for some people than others. You should do the exercise which most suits you only to get the maximum result. Eventually what ever you do will only train your abs.

1. Stationary Bike Crunches - Now while crunches can't do the job alone, they are beneficial. Bicycle crunches employ all of your ab muscle regions: rectus abdominals, lower abdominals and oblique abs. Do this exercise lying on the floor, back rounded and hands behind the neck to avoid straining yourself. Your upper abs will be engaged, and your lower abs will come into play as you lift your knees up to form a 90 degree angle. Just move the other knee to the center of your body while you move the opposite elbow to your knee. Alternate it for one full count each time.

2. Kickboxing and Martial Arts- Go to gym or use TaeBo tapes. The pulling down motions of your arms and the upward motion of your legs is just like doing crunches standing. Kickboxing uses all of your abdominal muscles and helps your whole body burn fat. All of the movements you'll do are done with your abs tightened; this helps you keep balance for a better workout. Kickboxing employs all the muscles of your body and helps body to burn the fat stored up. All the steps in kickboxing is done with keeping the abdomen tight which keeps you balanced for a better workout. While doing kickboxing we employ all the muscles of the abdomen. It also helps to burn the fat all over the body. All movements in kickboxing are done with a firm abdomen which helps to keep the body balanced for a better workout. Kickboxing employs all the abdomen muscles of the body and burns all the fat stored in the body. It is doubly beneficial since all the kickboxing steps have to be done with a firm abdomen.

3. Torso Twists - A body twist tightens your abs as you move from side to side in short, rapid movements. You should definitely do this to really get benefited from your ab exercise regimen. Broomstick twists are done by standing and doing a sweeping motion first on one side, then the other. Stand with bent knees and arms extended on either side. Let your hips be still while doing exercise. You need to make your abs do the work here.

4. Standing Side Bends- This exercise uses most of the abdominals and in particular your obliques. Initially you may not be able to bend too far, but that isn't important. Try your level best. At first you may not be able to bend your body as much as you want it to. But it's more important to keep trying it. You may definitely never be able to bend all that far initially but you definitely will, over a period of time. Your abs will be able to move you from side to side, but keep your hips still - This exercise is easy, only to say. Doing is an entirely different thing.

5. Elevated Leg Exercises - Exercises which use your abs in conjunction with other muscles are definitely great exercises to stay fit. Any exercise which you can do while keeping your lower legs at a 90 degree angle will also exercise your abs. All exercises which you do with keeping your lower legs at a 90 degree angle will definitely exercise your abs. All the exercises done with the lower legs at 90 degrees will definitely tone your abs. The exercises which are done with lower legs at 90 degrees will definitely tone up your abs. Here's a list of exercises to be done with light weights:

Dumbbell chest presses Shoulder presses Flies with or without using dumbbells

All the exercises listed above are among the very best ab exercises that can tone up or slim or tighten your abdomen as well as rest of your body. Please do add the above mentioned exercises to your repertoire of other exercises to get that flat and tight stomach.

More Information

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