

Back-Safe Ab Workout



- Lie on the floor with one leg bent, the other extended flat on the floor
- There is a natural space between your low back and the floor, place your hands palm down in that space without making it larger. Your hands are there to keep that space in place
- Raise your elbows off of the floor to prevent their use during the crunch
- Because it is tempting to use your neck muscles during the exercise, press your tongue against the roof of your mouth to engage all of the muscles in your neck for safety
- Tighten your abdominal muscles throughout the exercise, keeping your eyes toward the ceiling
- Curl up, raising your shoulders off the floor. You will only need to raise about 4-6 inches off of the ground, don't make this a full sit up
- Return to the start position, but don't rest at the bottom
- Repeat this motion about 12-15 times, then switch legs for which is bent and straight. For best results, try for 2-3 sets.

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
