

# Abdominal Air Bike (AKA Bicycle) Video Exercise Guide

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## EXERCISE PROFILE

Target Muscle Group

Abs

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|                    |                  |
|--------------------|------------------|
| Exercise Type      | Strength         |
| Equipment Required | Bodyweight       |
| Mechanics          | Compound         |
| Force Type         | Pull (Bilateral) |
| Experience Level   | Beginner         |
| Secondary Muscles  | None             |

TARGET MUSCLE GROUP

# Abs





# Abdominal Air Bike (AKA Bicycle)

## Overview

The abdominal air bike is probably the most feared abdominal movement from anyone who's performed an at-home ab workout video.

The bicycle exercise targets the whole abdomen and places constant tension on the mid-section as you go through the motions on both sides.

This exercise is an advanced variation of a crunch.

It can be performed for timed sets or as a set with a fixed rep range.

# Abdominal Air Bike (AKA Bicycle)

## Instructions

1. Lay supine in a relaxed position with your arms behind your head and legs straight.
2. Exhale as you raise one knee towards your face while driving the opposite elbow to the knee.
3. Once your abs are fully contracted, slowly lower yourself back to the starting position and repeat on the opposite side.
4. Complete for the assigned number of repetitions.

# Abdominal Air Bike (AKA Bicycle) Tips

1. Exhale hard like you're blowing out candles on a cake and hold the contraction for a second in order to improve mind muscle connection.
2. If your lower back bothers you during this exercise, choose more anti extension and anti rotation based movements.
3. Avoid putting the hands behind the head as this can lead to excess strain upon the neck.