

Abs Exercise Examples And Demonstration Explanation

Exercise-Ball Crunch

As we all know exercise ball are really helpful for our core/abs this helps you to exercise more efficiently. You place the exercise ball and lay on it and then compress and release your core to make it strong this is the exercise with 3 sets and 20 reps each.



Alternating v-up

This is the same as shown in the image you move your legs and head in alternative position which means you will move your head to left and leg to right this will compress your core to the max which will help you to develop your core and obliques at the same time. 5 sets of 15 reps is required for beginners and for pros sets are same but the reps decrease due to increase in weights.



Exercise-Ball Tuck

This exercise is not for core it covers your whole body as it says the in the name tucks which means it focus on overall development of muscle this consist of ball where you place your leg and take a one arm distance from the floor in the way that you are lifted in air and then you pull the ball toward your core and push it back to the position with the power generated from the core. This exercise is combination of 3 sets which contains 20 reps each with 5min break in-between.

