

# USEFUL AND EFFECTIVE ABS WORKOUTS



**"KEEP IT SIMPLE!"  
TRAIN ABS  
PROPORTIONALLY**

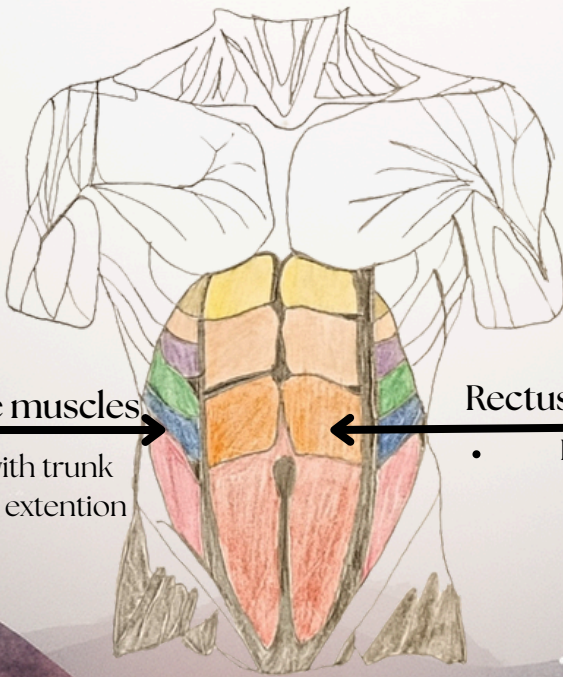
*by Agha Moiz Khan Babar*

# CHAPTER-1

## UNDERSTANDING ABDOMINAL MUSCULAR SYSTEM'S ANATOMY & FUNCTION

Abdominal muscles help you with getting up, standing up, turning left and right and lastly it helps you with your stance and to balance yourself whenever you need it.

### ABDOMINAL MUSCLE STRUCTURE



Oblique muscles

- Helps with trunk flexion & extension

Rectus Abdominous

- Flexes the spine

## FUNCTIONS OF

# ABDOMINAL SECTION

TO MAKE A PERFECT ABS CIRCUIT, WE SHOULD UNDERSTAND ITS FUNCTION. THE ABDOMINAL MUSCULAR SYSTEM'S FUNCTIONS ARE DESCRIBED BELOW.

## FUNCTIONS OF RECTUS ABDOMINOSUS

- 1.Helps you getting up
- 2.Keeps you balanced when standing & walking
- 3.helps you control your legs
- 4.helps you swing left, right and tilt your torso side ways
- 5.Makes you look cool!

## CONCLUSION OF THE ABDOMINAL FUNCTION



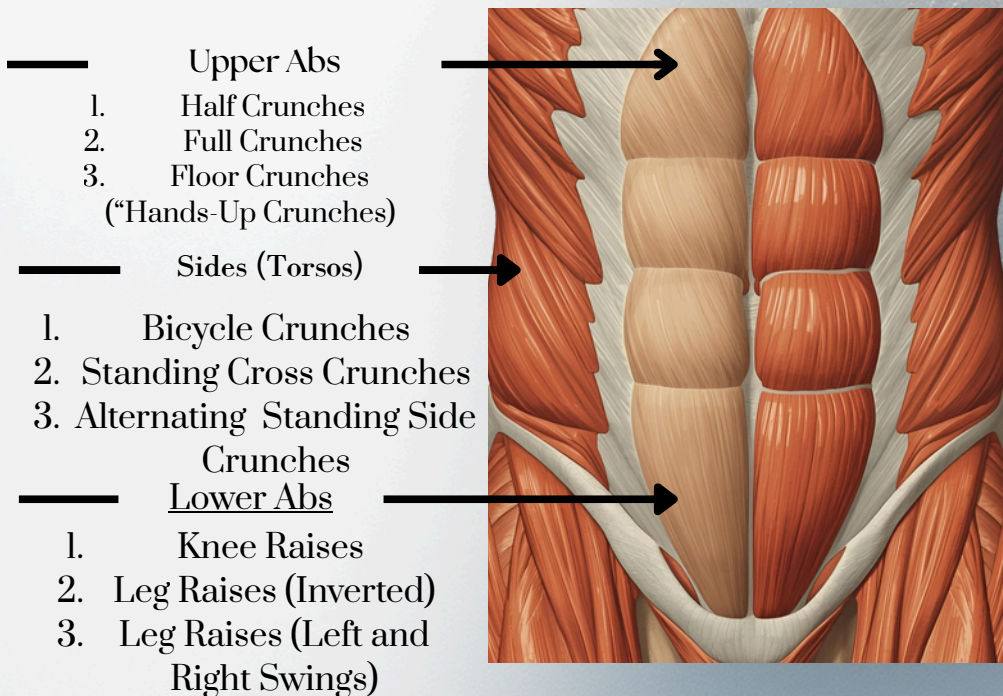
The “Rectus Abdominis Muscle Group” helps you with getting up, balancing your self, turning left & right, tilting and moving.

Due to these reasons it is crucial for you and I to understanding this muscle group so that an effective workout could be planned.

# YOU MUST HIT ABS PROPORTIONALLY

When selecting exercises for abs, keep the complete section in your mind

*Here are some abs exercises which you should try, or perhaps include them in your workouts.*



*Examples of abs exercises are divided according to their sections in the diagram*

# CHAPTER 2 SELECTION OF ABS'S EXERCISES

## FOR BEGINNERS

As a beginner you must learn the art of patience because “patience is virtue and your six packs won't be delivered to your doorstep hand packed in a golden foil!”

Here's how you must hit abs proportionally.

### Examples For Beginners

<b>FIRST PHASE (3 MONTHS)</b> (Increase 05 reps each month.) “Keep the movements slow!” <b>Difficulty Level: Easy</b>	<b>SECOND PHASE (3 MONTHS)</b> (Increase 10 reps each month) “of course slow” <b>Difficulty Level: Normal</b>	<b>THIRD PHASE (3 MONTHS)</b> (Increase 15 reps each month) <i>“If not possible then 12 to 13 reps increase is enough for this section”</i> <b>Difficulty Level: Hard</b>
Half Crunches	Full Crunches	Floor Crunches
Standing Side Crunches	Knee to Elbow Crunches	Alternating Standing Cross Crunches
Leg Raises (Inverted)	Leg Raises (regular not the Inverted movement)	Leg Raises (Left and Right Swings)

## ***Important Point to Consider (1<sup>st</sup> 3 Months exercises)***

To ensure good results safely & to prevent injury start from 10 reps for each exercises. During each three months radius increase either 5 reps or 10 reps per month depending on your energy and age. Trust me I had followed the same pattern myself until my muscles adapted and now I finish my abs workouts with supersets. Inshallah we will discuss about supersets soon. For now, you must learn the basics first.

### **How to do the exercises?**

- Body weight focused exercises for prominent results

	<b>Exercises</b>	<b>How to do them</b>
1-	Half Crunches	Raise your knees & put your palms on chest like a mummy. Once you have made the stance push your upper body via your abs and go back and come forward like the diagram below
2-	Standing Side Crunches	Stand with palms behind your head like an island boy gazing the sky at the beach. touch left elbow with your left knee tilted outwards and repeat the same for the other side
3-	Leg Raises Inverted	Lay down on your exercise mat or anywhere clean. once it is done put your palm under for elevation and raise your legs invertedly. Left right, left right, left right.

# CHAPTER-3 HOW TO DO THE EXERCISES

First and foremost, proper stance and movements will keep your muscle stimulation consistent. No matter what, keep this in mind. No need for ego here, it's just you and your reflection!

## Why you should keep slow movements a priority.

1. To promote progress
2. To avoid injuries
3. To stimulate muscle structure and growth
4. To see greater results

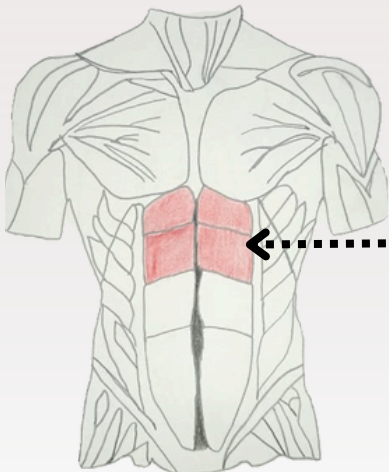
## Progress & Diet

Keep one thing in mind, your diet is 60% of your progress and your workout is 40%. No matter what, do not ignore your diet and keep it balanced and eat healthy!

# 3 STEPS OF HALF CRUNCHES

1. Step-1: Lay down on the mat & put your arms on your chest.
2. pull your legs up but keep them like this diagram.
3. Once the stance is made push forward using your abs & go backwards using the same.

"The diagram below represents the motion & muscles used"



Targets "upper abs"



# STANDING SIDES CRUNCHES

This is how you do it.

1. Stand straight!
2. Put your hands behind your elbow (like you're relaxing at the beach).
3. Your elbows should face outwards not inwards.
4. Raise your right knee and touch it with your left elbow.
5. Repeat the same with left knee touching the right elbow like diagram in this page

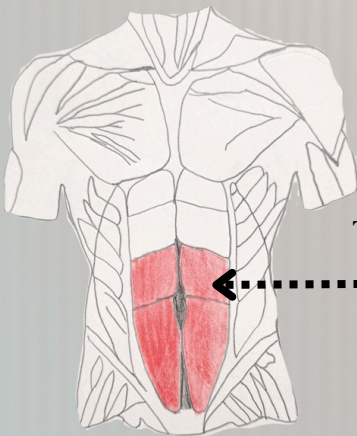


# LEG RAISES (INVERTED)

“TARGETS YOUR LOWER ABS”

To execute this movement follow the steps  
below

1. Put your hands below like this photo to ensure elevation
2. Start from either left or right leg
3. raise them one by one in a medium paced sequence



Targets “Lower Abs”

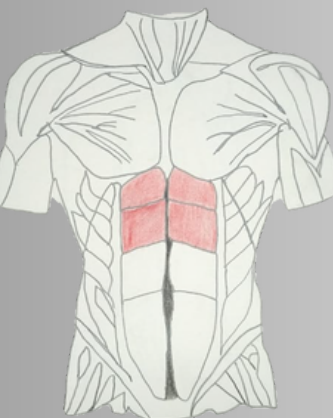


MOST EFFECTIVE

# FULL CRUNCHES

The 6 packs Maker

- If you're beginner or an experienced person you should not neglect this movement.



Reasons why you should include this	Reasons why you should avoid this exercise
1-This exercise is 6 packs builder.	1- If you have problems with your back
2- This movement provides full range of motion.	2- If you have experienced muscle injury or anything similar
3- Many famous bodybuilders and actors do this exercise religiously.	3- If you're just not into it



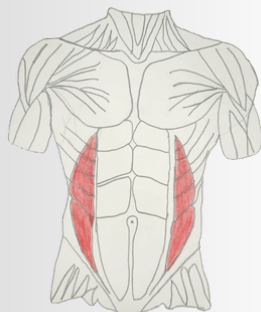
# KNEE TO ELBOW CRUNCHES

If bicycle Crunches are tough this will be your effective tool for reducing those “love handles”

Our goal is to hit abs from upper abdomen section, sides (torsos) and lower abs otherwise we won't reach our desired outcome, which is **“Perfect Definition”**

## STEPS TO DO THIS EXERCISE

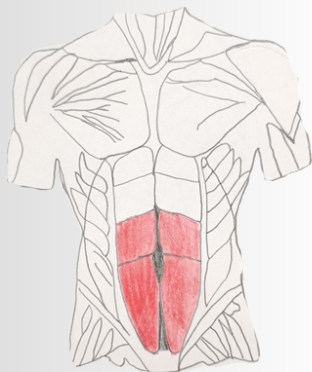
- Lay down on the mat
- Via using your abs touch your elbow with the opposite knee
- Repeat the same with the other side after completing the set



# LEG RAISES “REGULAR”

## THE LOWER ABS BUILDER

If you are a gymnast, bodybuilder, powerlifter, or a bodyweight enthusiast, you definitely would've included this in your workout regimen.



This is how you do this workout!

- Begin by raising you legs in a medium/ slow pace



- After raising push them down in a controlled manner, don't go fast!

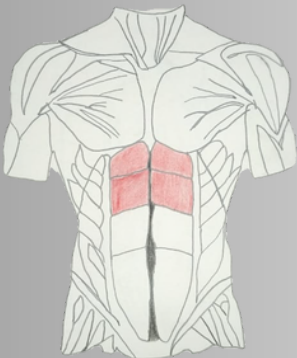


# Floor Crunches

To do this exercise  
follow these three steps

1. Step-1: lay down on the exercise mat/  
carpet
2. Step-2: raise your knees at 90 degrees but  
your feet should be touching the ground
3. keep your arms raised above your  
shoulder for like this diagram
4. by pushing your arms forward like this  
diagram raise your upper body with your  
abs
5. go back down & repeat this for 15 reps

For your assistance the diagram is sketched  
below & best of luck!



**Step-2**



**Step-1**

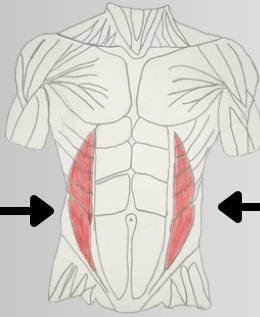


# ALTERNATING STANDING SIDES CRUNCHES

This exercise may seem too easy,  
but, it's very useful exercise to get  
that "V-Shape"

*THIS IS HOW YOU DO IT!*

Step-1  
Put your hands behind  
your head



Step-2 Raise your right  
knee and touch it with  
your left elbow using  
your core

Step-3

Repeat the same &  
keep the reps equal  
for each side



# LEG RAISES (LEFT & RIGHT SWINGS)

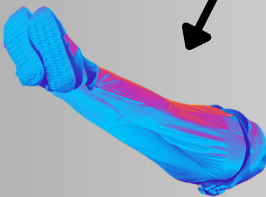
Compared to leg raises regular and Inverted leg raises this exercise targets "rectus abdominous and obliques (sides).

*This is how you do this exercise!*

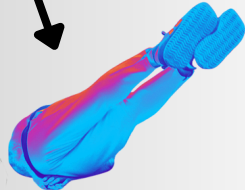
## Stage-1: Stance



Stage-2 Swing left

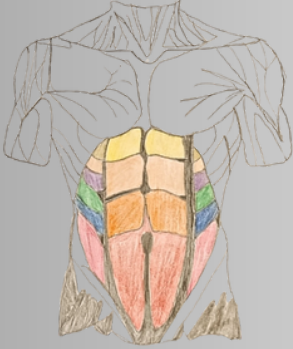


Stage-3 Swing right



# BONUS EXERCISE: BICYCLE CRUNCHES

This is my trusted and most favorite exercise due to the following reasons!.



- ⚙️ Targets your torsos
- ⚙️ Hits your upper abs
- ⚙️ Hits your lower abs

## Step-1

Lay down on the mat, put your hands behind your head. Your elbows should be outwards

## Step-2

Once the position is set, in a medium pace raise the opposite knees & your elbows one by one using your abs. “DON’T GO TOO FAST



*“DON’T GO TOO FAST’ OTHERWISE YOU MIGHT HIT YOUR FACE WITH THE KNEES!”*

Thank you for reading this. Inshallah in my next writeup we will discuss about the importance of diet and how to keep yourself healthier.

*Your's sincerely,*

*Agha Moiz Khan Babar*

*A.M.K FITNESS*

