



## **CRUNCH ALTERNATIVES**

A six pack may not necessarily be your ultimate goal, but there is no doubt that a strong, lean mid rift is a real head turner. Performing hundreds of crunches every day will not develop this look. Unfortunately it takes a lot more than that. Add in a correct resistance and cardio program along with a healthy eating plan, AND some Ab exercises and you're on your way. Avoid training the abdominal area every day. As with any muscle group, there is the risk of over training. Aim for every other day, but no more than 3 times a week. Here are some alternatives to the conventional crunch to add some variety into your abdominal workout, ensuring you are hitting it from all angles. Perform 3 sets of 10-20 reps on each exercise with 10 secs rest between each set. To make it even harder perform this as a circuit, going from one exercise to the next with no rest. Wait for 1 minute and then repeat 2 more times through. Or add a few more repetitions to each set and increase the weight of the medicine ball used. Although this should never allow you to compromise on form.

### **Medicine Ball Sit Ups** – Upper & Lower Abdominal

Lie on the floor with feet flat and knees bent. Hold the ball in your hands at chest level. Using the ball as a lever, gently pull yourself up into a sitting position and then slowly lower to the start again. Keep your chin up and perform slowly as to not hit the floor hard on the return. Use a light ball to begin with slowly increasing the weight as your abdominal area gets stronger. Breathe out as you sit up and inhale on your return.

### **Medicine Ball Rotate** - Oblique's

Sitting on the floor with knees bent and feet flat, hold the ball in both hands and rotate to one side. Place the ball on the floor behind you. Twist around to the other side to collect the ball and return to start position. Change the direction in which you deposit/collect the ball. Breathe out as you twist to deposit the ball and breathe in as you twist to collect from other side.

### **Crunch Pivots** - Oblique's

Lie flat on your back with knees bent and feet flat on floor. Raise your head and shoulder blades off of the floor and lace arms straight by your sides. Slowly pivot from the waist aiming your hand toward your ankle. Pivot back to the start position and then pivot to the other side. Ensure that your head and shoulder blades remain off the floor and that you tense the abdominal area the entire time. Breathe out as you crunch to the side and inhale as you return to start position.

### **Swiss Ball Crunch** – Upper Abdominal

Ensure you select the correct size ball for your height. Sit on the ball and walk your feet forward until the curve in your back is supported by the ball. Your feet should be flat and pointed forward with your thighs parallel to the ground. Place your hands by your ears and slowly crunch your head and shoulder blades up, breathing out as you come up and inhaling on return.



**Broom Twists - Oblique's**

Stand with feet shoulder width apart and toes slightly pointing outward. Ensure that hips stay fixed facing forward throughout the movement. Place the broom stick across the back of your shoulders, resting on your trapezius muscles, holding each end of the stick for correct balance. Slowly twist to one side using the stick for momentum, pause and then slowly twist round to the other side. Twist as far as your body will allow without moving the hip placement. Breathe out as you twist to the side and breathe in as you return to the start position before moving to the opposite side.

**20 minutes on the Genie Complete toning program is equivalent to 360 sit-ups, ensuring your abdominal region is targeted from every angle!**