

Exercise of the week – Cycle abs

Cycle abs provides an all round work out for your abdominals. The crunch targets your upper abs, the leg movement your lower abs and the twist your side abs.

Beginner

Lie on your back with your knees bent, feet hip width apart. Place your hands to the sides of your head and pull your navel towards your spine to activate your abdominals. Lift your right foot and bring your knee towards your chest as you lift and twist your left shoulder to meet it, breathing out. Pause, lower and repeat on the other side.

Intermediate

As your knee comes into your chest, hold your other leg out straight just above the floor instead of resting it on the ground. Keep alternating left elbow to right knee (with left leg out straight), right elbow to left knee (with right leg out straight). The lower and straighter the leg and the higher your shoulders, the harder you will work!

Advanced

Performing the exercise on a fitball increases the activity of your deep abs. You are trying to balance on an unstable surface whilst your arms and legs are changing position. Sit on the fitball. Walk your feet away until your lower back is resting on the ball. Perform the exercise as in level 1.