

Fitness Forum: Give those abdominals an extra challenge

by CNS

The moves: Performing a side-lying abdominal crunch on an exercise ball.

IN SEARCH OF FAB ABS - To strengthen oblique abdominal muscles, firefighter Patricia Stone performs side crunches on a stability ball. CNS Photo by Nadia Borowski Scott. Works on: Oblique abdominals and lower back.

Setup: Kneel on the ground with your right side next to a ball. Hug the ball between your right arm and your side, then lie down on the ball. Spread the legs widely in a forward/backward stance for stability. Use your legs to roll your torso up onto the ball until you are lying on the outside of your hip.

Steps: Cross your arms across the chest and perform a side crunch to the left. Slowly return and repeat.

Repetitions: Three sets of 15 to 25.

Precautions: Perform this exercise in an open area in case you fall off the ball.

Options: For more challenge, roll more of your torso up and over the top of the ball.

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