

Upgrade your Abdominals

By Sizwe Gumede - November, 2010

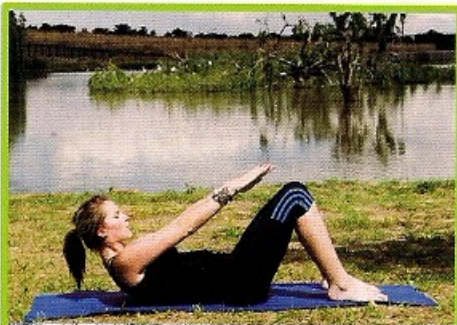
with Isometric Training for this Festive Season

Whether you will be going away or staying in Johannesburg this Festive Season you can still keep your abdomen in good shape with Isometric training. Isometric training is an exercise which focuses on the static contraction of muscles without any movement in the angle of the joint. Isometric exercises are thousands of years old, with examples from the static holds in certain branches of yoga and kung fu. It is the oldest form of exercise.

Benefits of Isometric Training

- * It can be practiced anywhere
- * It improves muscle strength and tone
- * It strengthens bones
- * It improves concentration and balance

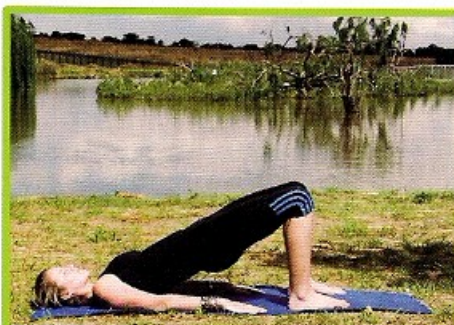
Abdominal Festive Season Program



Half B Boat

Lie down flat on your back; the back of your head and shoulder blades off the mat, chin tucked in and neck must be relaxed. The palms of your hands must face down and hands must be above your thighs or knees. Keep the legs hip distance apart.

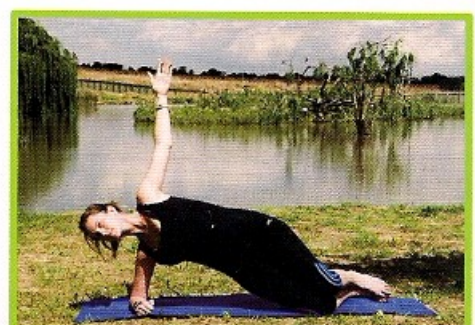
Hold for 20 - 30 seconds



The Bridge

Lie down flat on your back and the back of the head on the mat, shoulders must be relaxed and legs hip width apart. Lift the butt off the mat as high as you can.

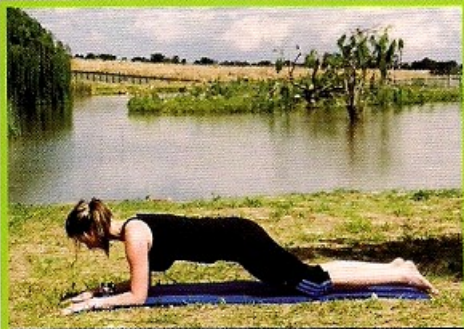
Hold for 1 minute



Side Plank

Lie on your side with your knees, hips and feet stacked on top of each other and elbows directly underneath the shoulders.

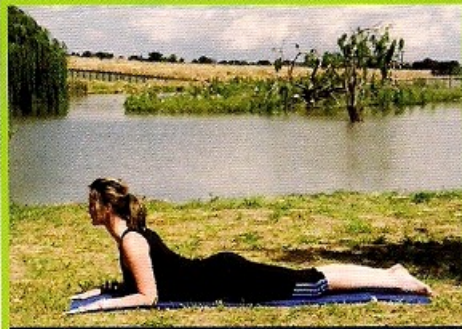
Hold for 20 - 30 seconds each side



Half Plank

Prone on your mat balance on elbows and knees make sure that elbows are directly underneath the shoulders.

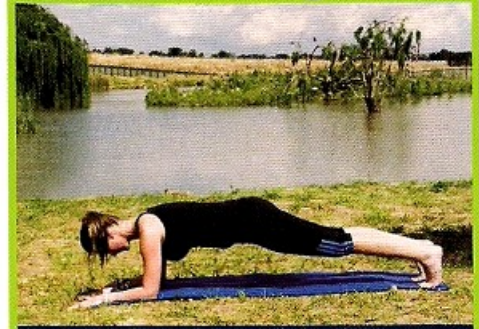
Hold for 30 - 60 seconds



Cobra

Lie down with your feet pointed back. Elbows down and palms of your hands flat on your mat push your shoulders away from your ears and lift the head up like a cobra.

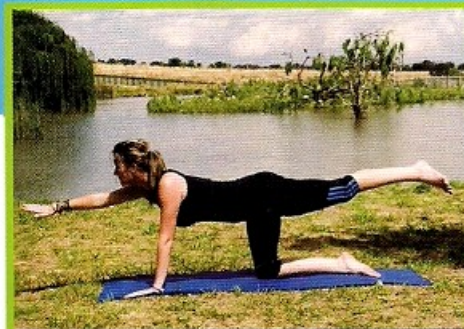
Hold for 10 - 20 seconds



Plank

Prone on the floor balance on your elbows and feet, palms of your hands facing down keep the neck in line with the spine.

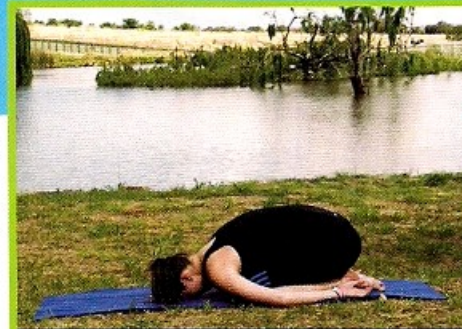
Hold for 30 - 60 seconds



Opposite Leg and Arm Reach

Stretch the right leg back and left arm forward and change left leg back and right arm forward.

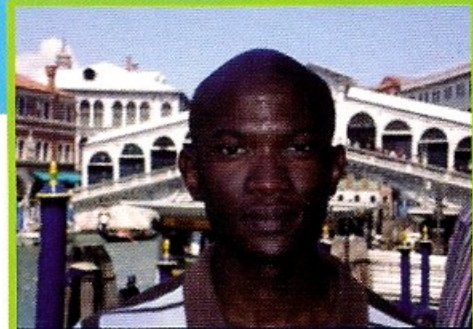
Hold for 30 seconds each side



Child Pose

Sit as low as you can on your heels, forehead on the mat and your palms must face up.

Rest in this position for 2 - 5 minutes



Tips For Practicing The Program

Hold the positions not the breath. Keep your tummy muscles contracted or tightened while holding the poses and shoulders must be relaxed at all times. Take 30-60 seconds breaks after each exercise.

Enjoy and stay fit this Festive Season