
Four Ways To Control Your Waistline, Ladies!

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by NedDagostino

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To get the most benefit from these great exercises you'll have to understand a bit of physiology first! The abdomen gets its shape, that is, taut or flabby, from a triple-layer of muscles: the rectus abdominis (on the surface), the obliques (in the middle), and the transversus abdominis (innermost).

The muscles of the pelvic floor support the internal organs. If these muscles are weak, then the organs begin to bulge and sag. It's just a matter of good luck that exercising the transversus also exercises the pelvic floor muscles. Having a baby results in a lot of strain on this set of muscles. So ladies who have just had a baby should especially exercise this set of muscles. Kegel exercises are designed to tone this pair of muscles. However most people do not do these exercises correctly, and consequently they are fairly ineffective.

Now that we understand the underlying physiology, let's get on with these four very simple, safe, and effective exercises.

Abdominal Respiration

The object of this exercise is to work the abdominal muscles by simply breathing! That's right! Take a nice comfortably deep breath! But, use abdominal breathing. Meaning, consciously focus on your diaphragm and force it downwards. Do not move your ribcage outwards, or your shoulders upwards. Hold the breath in your lungs for a long moment, then let it out again, normally. When you feel that all the breath is out of your lungs, bear down on your abdominal muscles to push the diaphragm upwards into the lungs, forcing all the residual air out of your lungs. Remember, neither the ribcage nor the shoulders must move! Do this as part of your routine.

Advanced Breath Exercise

Lie on the floor, flat on your back. Hold the back of your legs, bend your elbows outwards. You can only use the abdominal muscles, the muscles of the pelvic floor and the diaphragm in this exercise. Breathe in as before. When you exhale, try to draw in the abdominal muscles downwards as if attempting to make them touch the spine.

Soft Crunches

Lie flat on your back. Use your abdominal muscles to come up into a curved position, curling yourself forward. Take care not to use any other muscle as you do this crunch. Repeat this as many times as you can without discomfort. Stop whenever you feel discomfort. If you think that your muscles can't take the stress, then go back to the breath exercises to build up your muscle tone first.

Side Jacks

Lie on your right side. Keep your body straight and stiff from head to foot. Use your right elbow to push your body up off the floor. Your right forearm should be lying on the floor. Make sure that your body is in a straight line, at an angle to the floor. This is a must! Hold the position for ten to fifteen seconds. Now repeat the exercise, lying on your left side.

These four exercises are very straightforward, safe, simple, and effective to boot. The secret to getting your tummy into shape is consistency. Try to do these exercises everyday as part of your daily routine. Caution: If you feel uncomfortable or distressed while doing these exercises, please stop exercising at once!

More Information

To speed up the process of developing a flat belly, you should look into buying some abdominal exercise equipment. And adding an exercise trampoline will help you lose weight as you firm your midsection. To learn more about exercises for women visit www.abdominal-and-thigh-exercises.com.