

7 Chair Exercises For Abs

7 Chair Exercises for Abs: Strengthen Your Core Without the Gym

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Publisher: Health & Fitness Digest, a leading online publication dedicated to providing evidence-based information on health, wellness, and fitness, trusted by millions for its accurate and up-to-date content.

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Summary: This comprehensive guide details seven effective chair exercises for abs, perfect for beginners or those with limited access to gym equipment. It emphasizes proper form, common mistakes to avoid, and modifications to suit different fitness levels. The article also highlights the benefits of chair ab exercises and provides tips for creating a safe and effective workout routine using only a chair.

Keywords: 7 chair exercises for abs, chair abs workout, core strengthening exercises, chair workouts, no-equipment abs workout, beginner ab exercises, seated ab exercises, at-home ab workout, effective abs exercises.

Introduction: Unlocking Your Core Strength with 7 Chair Exercises for Abs

Strengthening your abdominal muscles is crucial for overall fitness, posture, and injury prevention. While crunches on the floor are a popular choice, 7 chair exercises for abs offer a convenient and effective alternative, especially for beginners or those with limited mobility. This guide will walk you through seven highly effective chair exercises, highlighting proper form and common pitfalls to ensure you maximize your results safely and efficiently. These 7 chair exercises for abs are designed to target different abdominal muscles, providing a well-rounded core workout.

7 Chair Exercises for Abs: A Step-by-Step Guide

1. Seated Torso Twists:

How to: Sit upright on the chair with feet flat on the floor, hands behind your head. Gently twist your torso to the right, engaging your obliques. Return to center and repeat on the left side.

Reps: 10-15 reps per side.

Focus: Controlled movements, engaging your core throughout the exercise. Avoid momentum.

Common Pitfall: Using your arms to pull your head, causing neck strain. Keep your neck relaxed and the movement initiated from your core.

2. Chair Knee Raises:

How to: Sit upright on the chair with feet flat on the floor and hands on the sides of the chair for stability. Raise your knees towards your chest, engaging your lower abs. Slowly lower your legs back to the starting position.

Reps: 15-20 reps.

Focus: Controlled movement, feeling the burn in your lower abs. Avoid swinging your legs.

Common Pitfall: Arching your back. Maintain a straight spine throughout the exercise.

3. Seated Russian Twists:

How to: Sit on the edge of the chair with feet slightly elevated and knees bent. Lean back slightly, maintaining a straight spine. Twist your torso from side to side, engaging your obliques.

Reps: 15-20 reps per side.

Focus: Controlled rotation from the core, avoiding momentum.

Common Pitfall: Rounding your back. Keep your core engaged to maintain spinal stability.

4. Chair Leg Raises:

How to: Sit upright on the chair with hands on the sides for support. Extend your legs straight out in front of you, keeping them slightly off the ground. Slowly lower your legs back to the starting position.

Reps: 10-15 reps.

Focus: Engaging your lower abs to control the movement. Avoid using momentum.

Common Pitfall: Jerking your legs up and down. Focus on smooth, controlled movements.

5. Seated Bicycle Crunches:

How to: Sit on the edge of the chair with hands behind your head. Bring your right elbow towards your left knee while extending your right leg. Alternate sides, mimicking a bicycle motion.

Reps: 15-20 reps per side.

Focus: Engaging your obliques and rectus abdominis muscles. Avoid twisting too forcefully.

Common Pitfall: Pulling on your neck. Keep your neck relaxed and focus on core engagement.

6. Chair Oblique Crunches:

How to: Sit on the edge of the chair with your hands behind your head. Gently bend to one side, engaging your oblique muscles. Return to the center and repeat on the other side.

Reps: 10-15 reps per side.

Focus: Feel the stretch and contraction in your obliques. Avoid twisting your spine.

Common Pitfall: Using momentum. Concentrate on slow, controlled movements.

7. Standing Chair Leg Raises (Advanced):

How to: Stand facing the chair, holding onto the back for balance. Lift one leg at a time, slowly raising it to hip height. Lower it back down slowly, maintaining balance.

Reps: 10-15 reps per leg.

Focus: Engage your core and glutes to maintain stability and control.

Common Pitfall: Overreaching or losing balance. Start with fewer reps and only progress once you have good balance.

Best Practices and Common Pitfalls for 7 Chair Exercises for Abs

Warm-up: Always start with a light warm-up, such as a few minutes of light cardio and dynamic stretches.

Proper Form: Focus on maintaining proper form throughout each exercise to maximize effectiveness and prevent injuries.

Controlled Movements: Avoid jerky or fast movements. Focus on slow, controlled repetitions.

Breathing: Remember to breathe correctly – exhale during the exertion phase of each exercise and inhale during the recovery phase.

Listen to Your Body: If you feel pain, stop the exercise immediately.

Progressive Overload: Gradually increase the number of repetitions, sets, or difficulty level as you get stronger.

Consistency: The key to seeing results is consistency. Aim for at least 2-3 workouts per week.

Creating Your 7 Chair Exercises for Abs Workout Routine

You can create a full-body workout incorporating these 7 chair exercises for abs, by adding other exercises targeting different muscle groups. Remember to include rest days to allow your muscles to recover. A sample routine could look like this:

Warm-up (5 minutes)

Seated Torso Twists (3 sets of 15 reps per side)

Chair Knee Raises (3 sets of 20 reps)

Seated Russian Twists (3 sets of 15 reps per side)

Chair Leg Raises (3 sets of 12 reps)

Seated Bicycle Crunches (3 sets of 15 reps per side)

Chair Oblique Crunches (3 sets of 12 reps per side)

Standing Chair Leg Raises (3 sets of 10 reps per leg) (Optional)

Cool-down (5 minutes)

Conclusion

These 7 chair exercises for abs provide a fantastic way to strengthen your core without needing expensive gym equipment or a lot of space. By focusing on proper form, gradual progression, and consistency, you can achieve a strong and toned midsection from the comfort of your home or office. Remember to always listen to your body and prioritize proper form over speed or quantity.

FAQs

1. Can I do these exercises every day? It's generally recommended to allow at least one day of rest between ab workouts to allow for muscle recovery.
2. Are chair exercises effective for weight loss? Chair exercises contribute to overall calorie burn, but combining them with a balanced diet is crucial for weight loss.
3. What if I don't have a sturdy chair? Ensure your chair is stable and supports your weight properly. A chair with armrests is generally preferable.
4. Can I modify these exercises for seniors? Yes, many modifications are possible, such as reducing the range of motion or using a chair with armrests for added support.
5. How long will it take to see results? Results vary, but with consistent effort and proper form, you should notice improvements in core strength and tone within a few weeks.
6. Are chair exercises suitable for beginners? Yes, these 7 chair exercises for abs are ideal for beginners as they offer a modified approach to core strengthening.
7. Can I do these exercises while pregnant? Consult with your doctor or a qualified healthcare professional before starting any new exercise program during pregnancy.
8. What other exercises can I combine with these chair exercises? You can incorporate cardio, strength training, and stretching exercises for a well-rounded fitness routine.
9. Are there any risks associated with these exercises? The main risk is improper form, which can lead to injuries. Following the instructions carefully minimizes this risk.

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7 chair exercises for abs: Two Minute Moves Lizzy Williamson, 2017-09-26 We all know that we should be moving more, but sometimes it can feel impossible to find the time or motivation to even get started. This book makes that first step easy. Lizzy Williamson has spent over a decade helping women to get their bodies, energy and confidence back. With more than 50 fun and simple exercises, you'll learn how to make working out a part of your every day, whether you're on the couch watching TV, at the kitchen bench waiting for the kettle to boil, at the playground with the kids or just clinging to a bottle of wine (yes, a bottle of wine can make you fitter!). Backed up with down-to-earth advice and the inspiring true story of how Lizzy found herself through movement, TWO-MINUTE MOVES is the guide to stopping the excuses and reaping the benefits of a happier, healthier more energised life. It starts with two minutes.

7 chair exercises for abs: The 4-Hour Body Timothy Ferriss, 2010-12-14 #1 NEW YORK TIMES BESTSELLER • The game-changing author of The 4-Hour Workweek teaches you how to reach your peak physical potential with minimum effort. "A practical crash course in how to reinvent yourself."—Kevin Kelly, Wired Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. The 4-Hour Body is the result of an obsessive quest, spanning more than a decade, to hack the human body using data science. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. It's the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it's all here, and it all works. You will learn (in less than 30 minutes each): • How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical cocktails • How to prevent fat gain while bingeing over the weekend or the holidays • How to sleep 2 hours per day and feel fully rested • How to produce 15-minute female orgasms • How to triple testosterone and double sperm count • How to go from running 5 kilometers to 50 kilometers in 12 weeks • How to reverse "permanent" injuries • How to pay for a beach vacation with one hospital visit And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don't need better genetics or more exercise. You need immediate results that compel you to continue. That's exactly what The 4-Hour Body delivers.

7 chair exercises for abs: No-Risk Abs Blandine Calais-Germain, 2011-05-12 An illustrated guide to the anatomy of the abdominal muscles and how to tone them successfully without injury • Presents the 16 most effective and safest abdominal exercises for great abs • Reveals how common ab exercises, such as crunches, can damage the spine, pelvic floor, diaphragm, and internal organs • Offers tips to get rid of belly fat--both superficial fat and deeper visceral fat Presenting a new type of abdominal exercise program designed with the body's anatomical relationships in mind, Blandine Calais-Germain reveals the 6 underlying principles for working the abs efficiently, 7 exercises to get you ready, and the 16 most effective and safest abdominal exercises for a flat belly. Pointing out that ab exercises are not without risk, she reviews the most common abdominal exercises, such as crunches and leg lifts, and explains how to avoid injury to the neck, lower back, pelvic floor,

diaphragm, prostate, and internal organs as well as how to protect these vital structures with appropriate abdominal work. Exploring this often misunderstood region of the body in her trademark anatomical style, Calais-Germain details the muscular structures that make up the abs, revealing that strength alone is not the sole factor in a flat stomach. Including tips to get rid of belly fat--both superficial fat and deeper visceral fat--this book reveals how to get great abs, lose weight, gain strength, and build your core all without hurting yourself.

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7 chair exercises for abs: 7-Minute Body Plan Lucy Wyndham-Read, 2019-12-31 Whatever your body shape, fitness level, or age, feel amazing after just 1 week of 7-minute workouts, recipes, and Lucy's positive mindset to help you believe in yourself and love your body. Find just 7 minutes a day over a week and follow one of Lucy Wyndham-Read's workouts daily to shape up and feel your best self. Try her supporting recipes for even greater impact. No equipment is needed, the exercises are easy and effective whatever your body shape and fitness level, and yes, you really do only need 7 minutes a day. Lucy wants us all to love our bodies and feel our best quickly and easily. The seven workouts - all exclusive to the book - speak to real women: Melt Off Belly Fat, Little Black Dress Workout, Love My Legs, Super Health Fix. They are demonstrated with illustrations of women of all ages, shapes and sizes - no unattainable skinny models. Try one for a week and you will want to do more. Followers (Lucy has over 1 million across YouTube and Instagram) say of her routines, Actually, I can do these for the rest of my life. The quick, healthy recipes (7 breakfasts, 7 lunches, 7 smoothies, 7 dinners) - which Lucy shares for the first time - are optional, but follow these too and your results will be even more impressive. Start now, believe in yourself, see the change, and love your body!

7 chair exercises for abs: 5-Minute Core Exercises for Seniors Cindy Brehse, Tami Brehse Dzenitis, 2021-05-04 Strengthen your core and boost your confidence with 5-minute exercise routines for seniors Having a strong core can improve mobility, reduce aches and pains, prevent falls, and build everyday confidence. *5-Minute Core Exercises for Seniors* makes it easy to incorporate daily exercise for seniors, with a collection of 40 individual movements and 25 quick routines for strengthening the major core muscles. This guide to exercise for seniors helps you: Get to know your core—Learn the muscle groups that make up your core, the benefits of keeping them strong, the importance of breathing and stretching, and the latest science behind exercise for seniors. Enjoy a wide variety of exercises—Discover a range of seated, standing, on-the-mat, and weighted exercises that mimic everyday movement and don't require any special equipment. Follow step-by-step instructions—Find how-tos and illustrations for engaging the right muscles and preventing injury, as well as tips to increase or decrease the intensity of each movement to meet your needs. Improve strength, balance, and confidence with this detailed introduction to core exercise for seniors.

7 chair exercises for abs: Prolapse Exercises Inside Out Michelle Kenway, 2013-07-31 Prolapse exercises helps women improve prolapse support and exercise with confidence to stay in shape

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7 chair exercises for abs: *The Abs Diet* David Zinczenko, 2004-06-19 Explains how to lose up to twenty pounds and create the washboard abdomen that every man wants, offering a meal plan, a workout program with a focus on lower-body exercises, twelve superfoods, and a simple maintenance plan.

7 chair exercises for abs: Joint-Friendly Fitness Bill Desimone, 2021-01-24 The fitness program for those who don't want to aggravate old injuries-or risk new ones. For many, General Fitness is a perfectly acceptable goal. The benefits are numerous and established, and regular exercise is something you can do on your own behalf. But the hard-core images can get in the way. Bodybuilding, the combative sports, and extreme exercise can all produce impressive bodies, but impressive injuries as well. If staying injury-free is a major priority for you, these may not be the best influence on your workouts. Joint-Friendly Fitness is an approach to exercise that puts using your body safely first, above all other aspects of your program. It draws on anatomy, biomechanics, and physiology to determine how the muscles and joints work properly, and then applies that to exercise instructions. The goal is to get more fit, toned, and flexible while managing the risk of your workout itself causing an injury. Joint-Friendly Fitness is designed to avoid both the obvious injuries that happen during your workout, and the not-as-obvious wear and tear that leads to new injuries and chronic conditions. And what makes it The Optimal Exercise Program is that you can achieve the level of general fitness you desire, from looking better in clothes and moving without achy joints, to supporting your golf game or your 5ks, in the time and effort you have to devote to it. In this profusely illustrated manual, you will learn: How to use free weights, machines, cardio, and other exercises in a way that is more effective for conditioning yet easier on the joints. How your joints and muscles work most effectively, what their vulnerable positions are, and how to protect them during exercise. And how to organize your program for sustainable training with the intent of staying injury free. Strengthen your muscles, protect your joints, avoid injury...and benefit from exercise over a lifetime.

7 chair exercises for abs: Ultimate Core Ball Workout Jeanine Detz, 2005-06 Transform your core muscles with unstable workouts using the exercise ball with this revolutionary fitness book from author Jeanine Detz. From shapely abs to the Pilates Powerhouse, core strengthening has become the main focus for today's exercise enthusiasts. Now, Ultimate Core Ball Workout takes core training to a higher level with its on-the-ball variations of traditional mat exercises. The unique benefits of ball training enable the program in Ultimate Core Ball Workout to produce better results in less time. Any crunch will work the abs, but this book's crunch on the ball simultaneously engages the stabilizing muscles of the abdomen and lower body, working more muscle and producing a more sculpted midsection faster. The exercises outlined in this book are suitable for all levels, from beginner to fitness professional, and the photo sequences and clearly written captions teach proper techniques. Offering more than just good-looking abs, the program in Ultimate Core Ball Workout produces numerous health and fitness benefits, including a stronger, more supportive back, improved posture, better performance in sports, and even more enjoyable sex. Plus, each exercise is presented with tips and modifications to increase the challenge so readers can continue to improve and get stronger over time.

7 chair exercises for abs: The Art of Day To Day Instant Weight Loss Secrets Tips, Solution, Diet, Home Remedies In 21st Century's Harry Kainth, 2014-09-24 Best book to help you to loose

weight loss in 21st Century's Busy Life, You will get complete information about easy weight loss, weight loss diet, weight loss exercise, information on weight loss food, information on weight loss herbs, information on weight loss yoga, complete information on weight loss home remedies, complete information on 50 Stomach Flattening Foods, Complete Information On Easy Everyday Exercises To Instant Weight Loss, 6 Easy Exercises for Overweight and Obese people For Instant Weight Loss

7 chair exercises for abs: Chair Yoga Kristin McGee, 2017-01-17 From celebrity yoga instructor Kristin McGee comes this fun, accessible guide to 100 yoga poses and exercises that can be done in your chair and take just minutes a day. For the majority of Americans living a sedentary lifestyle (from the card-carrying couch potatoes to the 86% of American workers who sit all day at their job) comes a comprehensive guide to the most accessible form of yoga... Chair yoga! - Desk-bound? You can do chair yoga! - Have limited range of motion? You can do chair yoga! - Never done yoga before? You can do chair yoga! - Don't own a pair of stretchy pants? You can do chair yoga! - Own plenty of athleisure or loungewear, but haven't moved much in weeks/months/years? You can do chair yoga! Chair yoga is exactly what it sounds like: exercises you can do sitting down. In Chair Yoga, celebrity yoga instructor Kristin McGee takes you through 100 yoga poses and exercises that are easy enough for all levels and will help readers stay active, alert, and healthy. Divided into chapters organized by body part (say goodbye to back pain and hello to better posture), each exercise includes step-by-step instructions and easy-to-follow photos. Plus, bonus chapters on 5-, 10-, and 15-minute routines help readers put it all together and find the time to perform these exercises. Now with Chair Yoga, anyone can benefit from just a few moves a day—and garner the remarkable physical and mental health rewards.

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7 chair exercises for abs: Foundation Eric Goodman, Peter Park, 2011-05-10 A sense of fatigue dogs the fitness world. Many of the new programs that are tagged as groundbreaking are actually recycled ideas. Foundation offers something completely different for novices and athletes alike: a simple program with powerful and proven results that will remedy bad posture, alleviate back pain, and help readers break through fitness challenges and plateaus. Dr. Eric Goodman, a brilliant and dynamic young chiropractor, teams up with Peter Park, one of the top trainers in the United States, to radically redefine the core--shifting the focus from the front of the body to the back. Their groundbreaking approach works to strengthen the lower back and the full posterior chain and correct poor movement patterns by addressing mechanical imbalances and weaknesses.

Foundation training involves simple movement patterns and is equipment free, creating maximum power, flexibility, and endurance. Word-of-mouth enthusiasm has inspired both Hollywood luminaries and world-class athletes to make Foundation training the core of their fitness programs. Eric and Peter's client list has grown exponentially to include Lance Armstrong, NBA star Derek Fisher, world-champion surfer Kelly Slater, and actor Matthew McConaughey.

7 chair exercises for abs: *Yoga Abs* Judith Hanson Lasater, 2016-08-01 The beloved teacher behind *Living Your Yoga* shares core exercises, yoga poses, and breathing techniques for achieving optimal abdominal health We have unique ways of ascribing a variety of emotions to the belly: "My guts are in a knot," "I knew it in my gut," "gut-wrenching," and, "No guts, no glory." Yet, too often, we place more emphasis on the way the abdomen looks rather than how it feels and functions. *Yoga Abs* outlines a series of exercises, yoga poses (asana), and breathing practices (pranayama), designed to achieve optimal health for this crucial area, which houses the organs of both digestion and procreation. Drawing on her experience as a yoga instructor and physical therapist, Judith Hanson Lasater, PhD, discusses the anatomical and philosophical aspects of the abdomen, and offers a set of movements that create awareness of these important muscles, and develop and maintain abdominal strength. Each exercise and asana lists: • the props or supports needed • safety guidelines • practice instructions In addition, she has created a special section called "Everyday Abs," where you will experiment with moving mindfully through your everyday activities, such as driving, cooking, sweeping the floor, and more.

7 chair exercises for abs: *The New Rules of Lifting for Abs* Lou Schuler, Alwyn Cosgrove, 2010-12-30 A strong, athletic physique, highlighted by a flat midsection with well-defined abdominal muscles, is the goal of everyone who works out, from lifelong gym rats to the New Year's resolution crowd. But most people who seek these goals undermine their efforts. In *The New Rules of Lifting for Abs*, Lou Schuler and Alwyn Cosgrove offer unique programs based on the latest breakthroughs in exercise science. And, as they did in their previous books, *The New Rules of Lifting* and *The New Rules of Lifting for Women*, the authors debunk ab-training myths while showing readers how to strip off even the most stubborn flab. Surprising revelations include: Washboard abs do not always equal a healthy, pain-free back The crunch is actually a poor choice for most people Extending the core can be much more effective than flexing ab muscles It's impossible to isolate the core muscles And much, much more Readers get three months of intense workouts, combining fat-busting conditioning work with intense strength training, which they can easily expand into a yearlong program. Schuler and Cosgrove also include a nutrition component detailing how to eat for fat loss, muscle gain, and improved health. Home-gym friendly, and illustrated with more than 150 black-and-white photographs, *The New Rules of Lifting for Abs* delivers the goods.

7 chair exercises for abs: *The Coregasm Workout* Debby Herbenick, 2015-06-09 The *Coregasm Workout* is a revolutionary new book that provides natural, safe, and effective techniques for enhancing sex through fitness. Developed by leading sex researcher, educator, and columnist Dr. Debby Herbenick, *The Coregasm Workout* introduces simple, science-backed exercises to make working out more fun and sex lives more satisfying. Debby has developed *The Coregasm Workout* based on her deep background in health science and unprecedented research on exercise-induced arousal in order to bring fitness and sexuality closer together. Her fact-based methods are specifically designed to improve orgasm and have been tested, refined, and proven by real women, for women. *The Coregasm Workout* will help improve your sex life—and help you enjoy exercising more often—through four C.O.R.E. principles: Challenge yourself through cardio, reps, and resistance Order matters: it's not just the kind of exercises you do, but the order in which you do them Relax and receive: be open to the experience of coregasm Engage your lower abs, muscles often strongly linked to coregasm Fun, fascinating, and useful, *The Coregasm Workout* offers new exercise techniques for women who want to stay sexy, healthy, and fit, and enjoy the benefits of the gym in the bedroom.

7 chair exercises for abs: *The Vertue Method* Shona Vertue, 2017-06-01 'Shona changed my perspective on yoga. Working with her made my aches and pains after playing disappear. She is the

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7 chair exercises for abs: Best Ab Exercises Patrick Barrett, 2012-07-29 Best ab exercises will teach you a series of abdominal exercises that work out your core in conjunction with the rest of your body, so you can build a strong, lean midsection while getting a more effective and complete workout.--Page 4 of cover

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7 chair exercises for abs: Tom Danielson's Core Advantage Tom Danielson, Allison Westfahl, 2013-01-01 Tom Danielson's Core Advantage offers a simple, highly effective core strength program for cyclists. This comprehensive approach shows the 50 essential core workout exercises that will build strength and endurance in the key core muscles for cycling--no gym membership required. Professional cyclist Tom Danielson used to have a bad back. He shifted in the saddle, never comfortable, often riding in pain. Hearing that core strength could help his back, he started doing crunches, which made matters worse. He turned to personal trainer Allison Westfahl for a new approach. Danielson and Westfahl developed all-new core exercises to build core strength specifically for cycling, curing Danielson's back problems. Better yet, Danielson found that stronger core muscles boosted his pedaling efficiency and climbing power. Using Danielson's core exercises, cyclists of all abilities will enjoy faster, pain-free riding. Cyclists will perform simple exercises using their own body weight to build strength in the low back, hips, abs, chest, and shoulders without

adding unwanted bulk and without weights, machines, or a gym membership. Each Core Advantage exercise complements the motions of riding a bike so cyclists strengthen the right muscles that stabilize and support the body, improving efficiency and reducing the fatigue that can lead to overuse injuries and pain in the back, neck, and shoulders. Beginner, intermediate, and advanced training plans will help bike racers, century riders, and weekend warriors to build core strength throughout the season. Each plan features warm-up stretches and 15 core exercises grouped into workouts for injury resistance, better posture, improved stability and bike handling, endurance, and power. Westfahl explains the goal for each exercise, which Danielson models in clear photographs. Riding a bike takes more than leg strength. Now Tom Danielson's Core Advantage lays out the core strengthening routines that enable longer, faster rides.

7 chair exercises for abs: Facilitated Stretching Robert E. McAtee, Jeff Charland, 2007

Understanding the basics of stretching -- Focusing on facilitated stretching -- Using the spiral-diagonal patterns of PNF -- Stretches for the lower extremity -- Stretches for the upper extremity -- Stretches for the neck and torso -- Combining techniques to release fibrotic tissue -- Stretching routines for specific activities -- Routines for common soft tissue injuries.

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7 chair exercises for abs: Zero Belly Diet David Zinczenko, 2014-12-30 NEW YORK TIMES

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