

## Important Considerations To Take Before Starting Any Form Of Abdominal Exercise

Depending on the type of abdominal exercise you choose to undertake, there may be some considerations to keep in mind to ensure you do not do damage to any other areas of your body. If you select an abdominal exercise that requires the hands to be positioned behind the head or neck, be sure you do not push your head forward in the event that you are required to lift your torso. Pushing on your head will result in strain on the muscles in the neck and may cause damage to them. As there is a natural tendency to push the head forward with the hands, you will have to remain aware in order to prevent yourself from doing so. Whilst bending your body, only go as far as you are comfortable. Do not try to go any further than this as you will only put strain on various parts of your body. Some abdominal exercises may not be suitable for people suffering from osteoporosis. If you happen to suffer from this condition, be sure to check with your doctor to determine the exercises that will be most appropriate for you. Before commencing on a new exercise regimen, it is always important to consult your doctor to ensure the suggested changes are appropriate for your health situation. This is particularly relevant in the event that a person suffers from any medical conditions. When using weights during exercise, it is important to remember to start with small weights and to gradually work up from here. Do not begin lifting the largest or heaviest weights straight away. Gradually build the weight up. Abdominal injuries can be particularly stressful on the back, for this reason, anyone who may suffer from a back injury or has a history of back pain should be particularly careful when carrying out abdominal strengthening activities. This will prevent you from injuring yourself further or from exacerbating any existing back injuries. Remember to stretch both before and after exercises to prevent further injury from occurring. Many people often ask as to the effectiveness of machines targeted at strengthening the abdominal muscles. Whilst these may be somewhat effective, they are still only doing the same job that the aforementioned abdominal strengthening exercises can do. These machines will also do little to help you actually lose weight- remember weight loss is an important part of obtaining a six pack. Why not save yourself the money and do the exercises as opposed to buying the expensive machine? Sit ups are generally not recommended by doctors as they are potentially bad for the back. It is recommended that crunches be used as an alternative for sit ups. Another alternative is to lie flat on the floor with your legs extending straight up, and slowly raising your hips off the ground. Upon lowering your body, do not let your hips touch the ground, rather, hold them slightly raised and continue the process for twelve to sixteen repetitions.

### About the Author

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