Getting Those Perfect Six Pack Abs by Javed Khan

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The abs is one area of the human anatomy as far as physique is concerned that seems to be an industry on its own right. Toning the abs, getting those six packs, reducing the size are some of the things people will really never get tired of hearing or watching and reading about. This is probably because is it an area of our body that changes can occur almost immediately. Just take in a heavy meal and you will see an immediate bulge. Do that consistently for a week and add at least two cans of beer a day and you would as the person in the mirror 'who are you?â€™

So you can either have a bulging or flubbing stomach and you are looking to develop those abs muscles. There are at least two different approaches you can adopt.

You can decide to go the way of the athlete that wants to develop their endurance ability and do some really intensive exercises following the routines we are about to discuss. The difference here is in the frequency because you have to do more repetitions and it could be anything from four to six times a week and the results would be almost as immediate.

Then there is the slow approach that will eventually give your abs that surf board appearance. Some of the abs exercises you can do will be aimed at certain muscles in your abs area.

You may not know this but the abdomen has several muscle bundles and if you don't get the right one it would be hard to even know how to go about toning them.

â€¢ The Rectus Abdominus is the muscle bundle of the abs that produces what is commonly known as the six packs. This is the area that gives the appearance of muscles and also gives strength to that region of your body. By it and on both sides we have what is called the Obliques and some would know it as the 'love handle' working on them to adds to the overall appearance of the abdomen.

â€¢ A well known exercise on the abs is what is called the pelvic tilts. It is the first one that you should concentrate on mastering and once this is done others become quite easy to follow through.

It has been scientifically proven that this particular exercise works to develop the abs, the rectus abdomens and the obliques.

Do this in the unsupported form by lying on your back with your knees bent in a ninety degree angle. Then lift up your legs with your knees spread from each other until your legs are just above your hips.

Tilt your pelvis upward tightening your abs while exhaling and make sure your lower back is flat on the ground. You have to make sure that it the right muscles like that of your abs that are tightened and worked on.

â€¢ Bicycle Crunches are another very popular exercise for the abs. It is arguable the most effective and their is research to back it up and the same research findings also asserted that it was the second best exercise to adopt when working on the obliques.

It also came in second for most effective obliques exercise. To do the exercise, start resting on the floor on your back and bring up your arms behind your head such that your head is resting on your palms. Then make as if you want to make the elbows on either side of your head to touch drawing

them closer to your ears so that your shoulders are off the ground. You should maintain this position all through the exercise.

Then with your back still flat on the ground stretch you right leg tautly and twist both shoulders to face your right and then switch by stretching the other leg in the same manner and turning your shoulders towards the left.

â€¢ With the previous two exercises, there was really no need for any other aid or exercise tool but with Exercise Ball Crunches, you would need the Exercise Ball.

Just lie on the ball as if it is the floor with your two feet firmly placed on the floor. Your knees by now would have bent just see to it that itâ€™s at ninety degrees. Then go as if you are doing sit ups and you come and sit on the ball before lying back slowly on the ball. Make sure it is the abs that you are feeling the tightness

These exercises incorporated in your abs program.

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