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# **Abdominal Exercises For Obese People**

You probably already know it's tough to do abdominal exercises for obese people but there are many other ways to defy gravity and achieve an ab workout. The problem isn't just getting down, getting back up can present an even greater challenge.

So, we know that floor crunches are out, how about an upright ab routine? Yes, I said an upright ab routine. Before you attempt this, you need to protect your knees. Help them hold you up by buying a set of knee braces, or, if you can't afford knee braces, then strap your knees with an elastic bandage. Knee braces will provide the support required for your work out routine. Now, if you've got a workout DVD or video, put it on. Even if it doesn't have an upright ab workout you'll be able to adapt what they do on the floor to a upright position.

Stand with your feet spaced at shoulder width apart and loosen your knees. Tuck your pelvis under to protect your lower spine and with slow, controlled movements, begin crunching. Squeeze your abs with each movement and concentrate on breathing deeply. Breathe out with each crunch and breathe in as you come back up. Try this 10 times, relax for 30 seconds, then repeat until you have performed three repetitions.

If you feel able to continue with your abdominal exercises for obese people, try crunching to the side to work your oblique muscles. Your obliques are the muscles on your side that assist your balance. Maintain slow, controlled movements. You've heard people referring to a six-pack? The obliques emphasize those muscles once you build them.

Your abs are often called your core. An effective core routine will have several effects. It will improve your posture and balance, reduce the appearance of love handles or spare tire and help you look like you always wanted to look.

Another method of achieving an effective core workout without straining your knees is to utilize an exercise ball. Just sitting on one correctly will improve your posture and strengthen your core. If you have one, get it and ensure it contains enough air. If you don't own one, borrow one or buy one, bring it home and inflate it. Measure it around it's widest point to ensure correct inflation. Sit on it and attempt to maintain your balance. Not so easy initially is it? Just keep in mind the old adage that 'practice makes perfect'.

Another exercise you can do involves lifting from your midline. Get a cloth shopping bag and fill it with about 10 lbs of tinned food or whatever. Stand with your feet spaced apart, hold the bag handles in both hands and slowly lift it directly up the center of your body, tightening your abs at the same time. Breathe in as you lift, breathe out as you slowly lower the bag. Do this ten times, then rest for 30 seconds. Perform three repetitions. This exercise will also strengthen your arm muscles.

See, you don't need to get down on the floor to achieve effective abdominal exercises for obese people. Try it today, you won't regret it.

You can also find this article published on [Abdominal Exercises For Obese People](#), and on the tag pages [Weight Loss Exercises](#).