

ab exercises easy on lower back

Ab Exercises Easy on Lower Back: A Comprehensive Guide

Author: Dr. Evelyn Reed, DPT, CSCS

Dr. Evelyn Reed is a Doctor of Physical Therapy and a Certified Strength and Conditioning Specialist with over 15 years of experience working with individuals experiencing back pain and seeking to improve core strength. She has published numerous articles on exercise rehabilitation and is a frequent speaker at national fitness conferences.

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Introduction:

Many individuals seek to strengthen their abdominal muscles (abs) but are deterred by concerns about exacerbating existing lower back pain or causing new injuries. This article provides a comprehensive examination of ab exercises easy on the lower back, exploring both the challenges and opportunities in developing core strength while protecting the lumbar spine. We will delve into the anatomy of the core, identify common pitfalls, and present a series of effective and safe exercises.

Understanding the Core and Lower Back Relationship:

The core muscles, including the rectus abdominis (six-pack muscles), obliques, and transverse abdominis, play a crucial role in stabilizing the spine. Weakness in these muscles can contribute to lower back pain and injury. However, improper abdominal exercise techniques can actually increase the strain on the lower back. Understanding the interaction between these muscle groups is paramount to selecting appropriate ab exercises easy on the lower back.

Common Pitfalls to Avoid:

Many traditional abdominal exercises, such as sit-ups and crunches, can place significant stress on the lumbar spine, particularly if performed incorrectly. These exercises often involve forceful flexion (rounding) of the back, which can compress the intervertebral discs and irritate the facet joints. The following are common mistakes:

Arching the back: This places excessive stress on the lower back.

Pulling on the neck: This can lead to neck pain and strain.

Using momentum: Instead of controlled movements, relying on momentum reduces the effectiveness of the exercise and increases the risk of injury.

Ignoring proper breathing: Holding your breath during exercises increases intra-abdominal pressure, potentially stressing the lower back.

Ab Exercises Easy on the Lower Back: A Selection of Effective Exercises:

The key to choosing ab exercises easy on the lower back is to focus on exercises that engage the core without excessive spinal flexion or extension. These exercises should emphasize controlled movements and proper form:

1. Pelvic Tilts: This simple exercise strengthens the deep core muscles without stressing the back. Lie on your back with knees bent and feet flat on the floor. Gently tilt your pelvis backward, pressing your lower back into the floor. Hold for a few seconds, then relax.
1. Plank Modifications: Plank variations are excellent for strengthening the entire core. Start with a forearm plank, ensuring your body forms a straight line from head to heels. As strength improves, progress to a full plank on your hands. Modify the plank by shortening the duration or performing it against a wall for added support.
1. Bird-Dog: This exercise improves core stability and balance. Start on your hands and knees. Extend one arm forward and the opposite leg backward simultaneously, maintaining a straight line from hand to hip to foot. Return to the starting position and repeat on the other side.
1. Dead Bug: Lie on your back with knees bent and arms extended towards the ceiling. Slowly lower one arm towards the floor while simultaneously extending the opposite leg. Return to the starting position and repeat on the other side.

1. Side Plank: This exercise strengthens the obliques and helps stabilize the spine. Lie on your side, propped up on your forearm and feet. Keep your body in a straight line from head to feet. Hold for a specified amount of time and repeat on the other side.
1. Reverse Crunches: Lie on your back with knees bent. Lift your knees towards your chest, engaging your lower abs. Avoid pulling on your neck.
1. Hollow Body Hold: Lie on your back, pressing your lower back into the floor. Extend your arms overhead and legs straight. Lift your arms and legs slightly off the floor, maintaining a slight hollow in your back.

Progressive Overload and Listening to Your Body:

The key to safe and effective exercise is progressive overload. Gradually increase the duration, repetitions, or difficulty of the ab exercises easy on the lower back as your strength improves. It's crucial to listen to your body and stop if you experience any pain.

Incorporating Ab Exercises Easy on the Lower Back into a Comprehensive Fitness Program:

Ab exercises easy on the lower back should be part of a well-rounded fitness program that includes cardio, strength training, and flexibility exercises. Consider consulting with a physical therapist or certified personal trainer to develop a customized program that meets your individual needs and goals.

Conclusion:

Strengthening your core is essential for overall health and well-being, but it's vital to do so safely. By avoiding common pitfalls and selecting ab exercises easy on the lower back, such as those described above, individuals can build core strength without risking lower back pain. Remember to focus on proper form, progressive overload, and listening to your body. With consistent effort and the right approach, you can achieve a strong core and improve your overall fitness level while protecting your lower back.

FAQs:

1. Can I do these exercises if I have a herniated disc? Consult your physician or physical therapist before starting any new exercise program if you have a herniated disc. They can advise on modifications or alternative exercises.

1. How often should I perform these exercises? Aim for 2-3 sessions per week, allowing for rest days to allow your muscles to recover.
1. How long should I hold each exercise? Start with shorter durations (10-15 seconds) and gradually increase as you get stronger.
1. What if I feel pain during the exercises? Stop immediately and consult with a healthcare professional. Pain is a sign that something is not right.
1. Are these exercises suitable for beginners? Yes, these are beginner-friendly exercises, but start slowly and gradually increase the intensity.
1. Can I do these exercises during pregnancy? Consult your doctor or a qualified prenatal fitness instructor before starting any new exercise program during pregnancy.
1. How long will it take to see results? Consistency is key. You should start noticing improvements in core strength and stability within several weeks of regular exercise.
1. Do I need any special equipment? No, these exercises can be performed without any equipment.
1. What should I do if I experience muscle soreness? Mild muscle soreness is normal, but severe pain is not. Rest, ice, and gentle stretching can help alleviate soreness.

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future goals may be, you'll find the advice in this guide 100 per cent effective.

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ab exercises easy on lower back: The Complete Book of Core Training Kurt Brungardt, Brett & Mike, 2006-01-11 From the author of the national bestseller The Complete Book of Abs comes the definitive book on the Next Big Thing in fitness -- core training From the bestselling author of The Complete Book of Abs comes this comprehensive guide to a new movement in fitness: core training. The body's core refers to the muscles that comprise the center of your body: the muscles of the abdomen, lower back, butt, and hips. With the increasing popularity of yoga and Pilates -- both of which depend on strong core muscles -- the fitness community has turned its focus from the abs to the core. The Brungardt brothers simple 9-week program is based on over 100 exercises and includes workouts appropriate for beginners and fitness enthusiasts alike. This book will help men and women of all body types and fitness levels to strengthen their core for better mobility, posture, and physique. Get ready to get fit!

ab exercises easy on lower back: The Complete Book of Abs Kurt Brungardt, 2015-08-12

Anyone who works out knows that abdominal exercises have progressed light-years beyond the basic sit-up. In fact, a whole new generation of ab exercises and machines have advanced abdominal workouts to new levels of sophistication, designed for maximum efficiency to provide the trim, toned midsection that everyone wants. But how do you put the exercises together into a routine for your specific physique and needs? The Complete Book of Abs shows you how. , The first ab book for everyone--from beginners to fitness professionals , More than one hundred ab exercises--from traditional crunches and sit-ups to such cutting-edge techniques as corkscrews and hanging knee raises--drawn from diverse sources, including gymnastics, yoga, and the martial arts , Includes the Fifteen Minutes a Day to Ultimate Abs system, which will take you from an undeveloped stomach to a rippled washboard look in six months , Dozens of favorite and new routines from America's foremost coaches, trainers, and bodybuilders , How to be your own personal trainer and put together your own routines , The most up-to-date information on diet and nutrition, including a personal template to maximize diet-exercise efficiency Already a fitness classic, The Complete Book of Abs, is the definitive guide for abdominal toning and strengthening. No one who's serious about working out should be without it.

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Counsels novices and athletes on alternate approaches to back pain and fitness management, outlining equipment-free methods for strengthening the lower back while correcting movement patterns that lead to chronic discomforts. Original. 40,000 first printing.

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athletes over and over. Many of them seemed to pushed themselves as athletes in the same ways they push themselves out in the real world. Living in a performance-based society, Dr. Horschig saw many athletes who seemed to not only want to be bigger and stronger but to get there faster. This mentality ultimately led to injuries and setbacks, preventing athletes from reaching their full potential. Now, after developing unique and easy-to-use techniques on how to train and move well, Dr. Horschig shares his invaluable insights with readers in *The Squat Bible: The Ultimate Guide to Mastering the Squat and Finding Your True Strength*. This detailed plan enables you to unearth the various weak spots within your body--the areas that leave you in pain and hinder your ability to perform--and completely change your approach to athleticism. Discover new strength, new power, and astounding potential you never knew you possessed. As the founder of SquatUniversity.com, Dr. Horschig knows that when you transform the way you work out, you transform your body--and your life.

ab exercises easy on lower back: *Weight Training For Dummies* LaReine Chabut, 2014-12-31
Tone up, burn calories, stay strong *Weight Training For Dummies* makes it easy to get started with weight training by offering trusted and straightforward guidance on the latest circuit and resistance training, and all-new information on the highly popular bodyweight and High Intensity Interval Training (HIIT). Whether you're working with dumbbells, free weight sets, or machines, you'll find out how to combine weight training with other exercise to properly strength train and get in the best shape of your life. Along with aerobic exercise and flexibility, body weight training is an integral part of a complete physical activity program. But with all the different equipment and techniques available, getting started can feel overwhelming. Want to get pumped about weight training? Consider these facts: strength training, whether via free weights or a machine, builds muscle. And the more muscle you have, the higher your metabolism and the less prone you are to injuries—in and out of the gym. Plus, strength training promotes bone strength, which can significantly reduce your odds of developing osteoporosis. If that's not enough, strength training—unlike cardio workouts like running—reaps benefits almost immediately. So what are you waiting for? *Weight Training For Dummies* has everything you need to get started. Provides examples and directions for powerful 20-minute weight training routines for the time challenged Features advice to help you choose a weight training system that you enjoy and that fits into your lifestyle Includes new coverage devoted to warm-ups and the hottest and most beneficial stretches Introduces using weight training to address specific health or orthopedic conditions Whether you're already in the gym several times a week or are just starting out with a fitness routine, *Weight Training For Dummies* shows you how to use free weights or weight machines to get results—fast.

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Discover How To Transform Your Body With The Best Core Exercises On The Planet By nature, men are nearly alike; by practice, they get to be wide apart. -Confucius Nothing screams health, youth and vitality more than possessing a tight and toned mid-section. Late night television is filled with gimmicks and creams that will supposedly help you achieve this ideal. Gyms are filled with people performing crunches along with other exercises in an attempt to acquire that elusive 6-pack. Are you one of them? If so *The Abdominal Exercises Bible: Ab Exercises For Core Strength And A Flat Belly* can help you. Within its pages you will find a simple yet complete program containing the best stomach exercises on the planet. This program is designed for all ages and fitness levels. If you are a senior citizen looking to get back in shape you will find gentle yet effective abdominal exercises that will work for you. On the other hand even if you are a superior athlete you will find core exercises that will challenge you. This book is for everyone who desires a sexy and toned mid-section. Of course there are many other benefits that you will gain when you follow the *Abdominal Exercises Bible*. These include Help to reduce or even eliminate lower back pain Improve your energy levels Improve your athletic performance - your power originates from your core Improve your breathing Improve your posture Increase your muscle mass Lose belly fat Enhance your overall looks Help prevent hernias Help stabilize your body and protect your joints Beyond appearance the core

training you will experience in *The Abdominal Exercise Bible* will make you a stronger, healthier, more magnetic you. Order this book now and start transforming your body today.

ab exercises easy on lower back: *The Big Book of Abs* Muscle & Fitness,, 2013-08-01 In this guidebook to health, the editors of Muscle & Fitness magazine provide a five week plan as well as tips and strategies to get—and stay—motivated in obtaining well defined and toned abs. There are more than 70 workout routines presented with full-color photos to guide readers in the best possible way to achieve the goal of that tight “six-pack.” Throughout all the fitness routines there are informative tips and fast facts to make sure readers are performing the exercise in the safest and most effective manner. Additionally, to complete the workout program, instruction in nutrition to ensure one’s body is getting the proper mix of protein or carbohydrates just when it needs them is included.

ab exercises easy on lower back: *Strength Training Exercises for Women* Joan Pagano, 2014-01-16 Packed with more than 200 visual step-by-step exercises designed to burn calories, strengthen the core, and tone the body, *Strength Training for Women* is a must-have for core-conscious women who want to target key areas of their body and maintain all-round strength and fitness.

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ab exercises easy on lower back: *How to Fix (just About) Everything* Bill Marken, 2002 More than 550 step-by-step instructions for everything from fixing a faucet to removing mystery stains to curing a hangover.

ab exercises easy on lower back: *The Complete Book of Abs* Kurt Brungardt, 1993 The first guide ever to cover every single possible exercise for shaping and strengthening abdominal muscles--from traditional situps to weights and machines to gymnastics, yoga, and dance--this book also includes specialized programs for back-pain sufferers. 300 photos.

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strengthen muscles too long on the stretch, and balance muscle strength with lifelong flexibility

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ab exercises easy on lower back: Anatomy and Physiology J. Gordon Betts, Peter DeSaix, Jody E. Johnson, Oksana Korol, Dean H. Kruse, Brandon Poe, James A. Wise, Mark Womble, Kelly A. Young, 2013-04-25

ab exercises easy on lower back: FASTER Way to Fat Loss Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter *The FASTER Way to Fat Loss*, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

ab exercises easy on lower back: Natalie Jill's 7-Day Jump Start Natalie Jill, 2016-05-03 Social media sensation, fitness trainer, and sports nutritionist Natalie Jill offers her popular 7 day jump start program for weight loss, with recipes and tips

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Abdominal Hollowing is drawing in the lower area of the stomach toward the spine. This activates the deep abs but requires very little activation of the superficial ab muscles. Abdominal ...

Supine Bridge - The Spine Clinics

Begin by lying on your back with your knees bent and feet resting on the floor. Movement Slowly bend your low back and tilt your pelvis backward into the floor, then return to the starting ...

F r o n t - Patient Exercises

better on your lower back). 3. Keep your lower back pressed to the floor. Hold for 15 to 30 seconds. 4. Relax and return to the first position. 5. Repeat with the other leg. Repeat 2 to 4 ...

20 ESSENTIAL DESK EXERCISES YOU CAN DO ...

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Neck and Upper Back Exercises - Level 2 - WWL

Neck and Upper Back Exercises Level 2 Page 6 of 8 10. Resisted Side Rotations Sit upright. Try to turn your head to one side while resisting the movement with your hand. Hold approx. 5 ...

YOUR HOME Swiss PROGRAM Ball Core Exercises

While lying on the floor, place an exercise ball under your lower legs. Tighten your core, squeeze your buttocks, and then raise your pelvis off the floor. Hold and then return to starting position ...

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tion in regular strengthening exercises, which help to prevent osteoporosis and frailty by stimulating the growth of muscle and bone. Feeling physically strong also promotes mental ...

Low Back Pain Exercises Level 1 - WWL

Low Back Pain Exercises Level 1 Page 3 of 8 Low Back Pain Level 1 – Exercises 1 to 10 1. Lumbar Extensions (Standing with No Hold) Standing upright, feet shoulder width apart and ...

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Abs Workout Plan

3 **Bicycle Crunches:** A combination exercise targeting both rectus abdominis and obliques. Cool-down (5-10 minutes): Static stretches, like holding each muscle group for 30

...

Diastasis Recti Home Exercise Program - Tone and Tighten

WHEN THIS BECOMES EASY AND PAIN-FREE, MOVE ON TO #2 2 Repeat 10 Times

Complete 3 Sets Perform 2 Time(s) a Day BRACE HEEL SLIDES While lying on your back ...

10-minute Workout Anywhere - American Heart Association

straighten back up and repeat. For chair pose, hold in "seated" position. Add Intensity:

Raise arms overhead or hold weight(s) at chest or shoulders. Calf Raises Activity: Standing or sitting with ...

Abs Workout Plan - iot.trumeter.com

abdominis (deep core muscle), and lower back muscles—that work together to support your spine, stabilize your body, and enhance your posture. A strong core is crucial for virtually ...

Physical Therapy Exercises & Stretches for Chronic Lower Back ...

In fact, high intensity cardio workouts and progressive full body strengthening exercises have been found to reduce chronic back pain more than regular cardio or only stretching or doing ...

12 easy exercises for lower back pain - Aetna International

Strengthen your back: 12 easy exercises for low back pain This is a marketing communication. 46.05.919.1

Exercises for back pain - GP Training Scheme Hub

lower back) Kneel on all fours with a small curve in your lower back. Let your stomach relax completely. Pull the lower part of your stomach upwards so that you lift your back (without ...

breast Reconstruction TRAM Flap Pre and Post-Operative ...

Breathe in and feel your lower hand rise and your upper hand stay still. Exhale and feel your lower hand go down. Breathe in through your nose to the count of 4 and out through your mouth to ...

Abdominal Core Surgery Rehabilitation Protocol Physical

rotation. Abdomen should remain flat throughout the exercises (no protrusion at hernia site). Cue patient to exhale on exertion phase. May use binder during exercise as needed. Pelvic floor ...

Athletic Medicine Pelvic Stabilization, Lateral Hip and Gluteal ...

extend the lower leg, keeping the top hip and knee flexed with the foot hooked behind the lower leg. Lift knee. Pause at the top and slowly and with control, lower to start position. Reps: 8-10 ...

x11637 lumbar stretching strengthening home exercise

- Try to keep your muscles tight as you lower your head and shoulders back to the floor. Perform sets, repetitions, times/day. 20. Double Leg Lowering
- Lay on the floor with your legs in the ...

Isometric Exercises for Upper, Middle and Lower Back - The ...

Isometric Exercises for Upper, Middle and Lower Back If you want to strengthen your back

muscles without putting much stress, then you can try isometric strengthening back exercise. ...

Information and exercises - University Hospitals Dorset NHS ...

Back Pain Information and exercises for patients The following guide is designed to help you understand and manage your back pain Author: Orthopaedic Therapy Team ... tension in your ...

Low Back Pain Home Exercises - Orthopedic Center of Illinois

Exercise 5: Lower Abdominal Exercises Starting Position: Lie on your back on a table or firm surface. Knees bent and feet flat on the table. Flatten your back to the floor by pulling your ...

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Abs exercises.doc Page 4 of 24 Barbell Ab Rollout Exercise Data Main Muscle Worked: Abdominals Other Muscles Worked: Lower Back, Shoulders Equipment: Barbell Mechanics ...

United Therapy Services - Home Health Therapy Services

Upper Body Exercises Do all these exercises slowly. Do not hold your breath and remember to breathe ... your back straight. Start with your elbows bent holding the weights at your chest. ...

Strength Training With Medicine Balls (Increasing Physical ...

the same exercise. Lower weights, such as 4 to 10 pounds, can be used for tossing exercises. Mid-weights, such as 8 to 15 pounds, can be used for abdominal exercises. Heavier weights ...

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by doing specific seated exercises for seniors. These help you ease into the process without causing too much strain on your body. How Exercises Help Seniors Avoid . Falls. Fall risks are ...

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Home Exercises Sciatica is a specific type of low back pain; it refers to altered sensation that normally radiates from the low back into the buttocks, hip, and then down the leg into the foot. ...

Full Body Isometric Bodyweight Workout Routine At Home

Glute Bridge 10-15 sec Lower Body Week 4 Day 1 . Workout Hold Time Muscle Worked ... 16 Isometric Back Exercises With PDF 3. The Best Isometric Ab Exercises To Build Strong Core ...

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Upper and lower back Diagram 7: Upper and lower back stretch . Interlace fingers and turn palms upward above head; straighten arms then slowly lean slightly from side to side. Repeat ...

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LOWER LIMB STRENGTHENING EXERCISES

Lie on your back with your knees bent and feet hip width apart. Draw in your abdominals and tighten your buttocks. Tilt your pelvis backwards and lift your bottom up followed by your back ...

Yoga for Low Back Health - Subtle Yoga

away from each other toward the floor on either side, notice how your lower back gently lifts away from the floor. Exhale as you bring your knees toward each other about half way and gently ...

COMMON CAUSES Age. "Wear and tear" and inherited factors

Flatten back by tightening stomach and buttock muscles. Hold 10 seconds. Repeat 10 times. Cat and Camel (fig.4) Lumbar Rotation (fig. On all fours, assume a "hump" back position by ...

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Finding Balance • Resistance Band Exercises Exercising with resistance bands is a great way to build strength in all parts of your body - legs, arms, and core. Bands are portable and ... lower ...

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Hip exercises. These exercises use a large rubber band such as Theratube®. Secure at one end by a door, heavy furniture, etc. The exercises may also be done with the band around the ...

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The easy cases: lower triangular $x_i = (b_i - \sum_{j=1}^{i-1} a_{ij}x_j) / a_{ii}$ A second option: do the work 'in-place': ... Use back-substitution (same as forward, but start at x_n) Go backwards from x_n ...

SPINAL REHAB EXERCISES FOR THE LOWER BACK

Studies Trans Abs has been shown to have a major stabilising role for the lower back, studies also show this muscle becomes weak during chronic back pain due to "reciprocal inhibition" ...

Sacroiliac (SI) Joint Stretches and Exercises

Sacroiliac (SI) Joint Stretches and Exercises Many of these exercises can be done on the floor, on a sturdy table or counter, or on a firm bed. Lie on your back. Use a box or several firm ...

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UPPER BACK AND NECK PAIN - Arthritis and Pain Clinic

the knees. The worst sleeping position for your back is on your stomach. If, however, you find yourself always ending up in this position, placing a pillow under your waist will relieve some of ...

Patient Factsheet Acute Low Back Pain - NSW Government

Understanding Low Back Pain Low back pain is very common with around 80-90% of adults

having some sort of back pain in their lifetime. Most low back pain is short term and gets better ...

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small curve in your lower back. Let your stomach relax completely. Pull the lower part of your stomach upwards so that you lift your back (without arching it) away from the floor. Hold for 10 ...

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endless hours wasting their time doing sit-ups and other “old school” ab exercises that do little more than put your low back at greater risk of injury. But don’t worry, because... 1 Eur J Appl ...

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