

Abs exercises the right way

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But the reality is that your abs have a more critical function than flexing your spine: Their main job is to stabilize it. In fact, your midsection muscles are the reason your torso stays upright instead of falling forward due to gravity. So your abs actually prevent your spine from flexing.

Using bad form changes the effects of the exercise entirely. The most important thing to remember while performing any ab exercise is to not pull on your neck. Pulling on your neck while doing any ab exercise puts tremendous stress on the cervical spine. Most injuries don't occur the same day you perform an exercise, it can take months before the injury comes to the surface. Here are a few tips to remember so you can minimize injuries and get results while performing ab exercises.

1. Don't pull on your neck.
2. Exhale each time you raise off the ground.
3. Keep your back flat. Don't let your back arch off the ground.
4. Keep your abs tight.

*These simple tips will increase results and minimize injuries.