

HOW TO TARGET MY ABS USING A HOME GYM

Jan 11, 2011 | By [Sam Ellyn](#)



Photo Credit Jupiterimages/Comstock/Getty Images

Home gyms offer a variety of ways to target specific areas of your body, including your abs. Depending on the type of machine you have, you can create exercises that move you forward and backward and side to side, creating the eccentric, concentric and isometric muscle contractions that build core muscles.

Step 1

Read the materials that come with the machine or review how the machine works with someone who is knowledgeable about its operation. To create the most effective workouts, you will want to be able to quickly move from exercise to exercise without having to spend many minutes trying to figure out how to change resistance or adjust the bench.

Step 2

Learn what types of exercises you can do on the machine that target the abs. Read the owner's manual or meet with someone who knows the machine and review your options. Practice each exercise with little or no resistance to learn the correct technique for maximum benefit and to reduce your risk of injury.

Step 3

Set the bench on an angle if the machine comes with a bench and lay on it with your head toward the higher end. Put your knees up by moving your feet toward your buttocks. Pull the cables over your head down to your knees and note that affect on your abs. Do this one hand at a time, pulling the cable across your body to target your obliques.

Step 4

Vary the previous exercises to recruit more abdominal muscles. From this position, hold the cables behind your head and perform a sit-up or crunch against this resistance, leaving your arms behind you. Reverse your position and place your feet toward the high end of the bench. Perform sit-ups and crunches moving your head toward your knees, then reverse this exercise, moving your knees toward your chest.

Step 5

Set the bench on an even plane, and sit sideways on it, or sit in the chair, depending on how your machine is configured. Pull cables across your body, using different angles. Pull the cables straight across your body, or from your hips up to your shoulders, or from your shoulders down to your hips, keeping your torso straight. Vary this exercise by pulling the cables across your body by keeping your arms straight and moving your torso. Reverse your position if you do these exercises on a bench. Vary this exercise by kneeling sideways on the bench.

Step 6

Sit on the bench with your legs on the bench or kneeling it and perform rowing exercises. If you have a bench that slides as you pull the cables, move yourself back and forth. Hold for one or two seconds between moving forward and going back. If your bench does not slide, pull the cables around your sides.

Step 7

Sit in the chair and perform leg raises with or without resistance. Raise your legs, hold for one or two seconds, then slowly lower your legs, rather than letting them drop.

Step 8

Experiment by performing different exercise from different positions, including kneeling and facing down, kneeling sideways on the bench and lying on your side. Note the effect these exercises have on your lower back and stop performing them if you feel any pain or strain in you neck or back.

REFERENCES

- [Full Fitness: Complete Body Workout Program](#)
 - [Exercise Goals: Home Gym Exercises](#)
- Article reviewed by Allen Cone Last updated on: Jan 11, 2011

Read more: <http://www.livestrong.com/article/354628-how-to-target-my-abs-using-a-home-gym/#ixzz2KECLwmsX>