

### 3 Great Benefits of Ab Ball Exercises

Ab balls are one of the most overlooked pieces of equipment within the gym. They get lost within the wild steel vegetation of compound machines, treadmills and massive weight moving monsters within the landscape of the screaming, panting and grunting. Not just a mantlepiece within the gym, ab balls, or swiss balls are the turnkey to an effective abdominal workout, a good complement and in some cases, compliment to anyone's journey to a six pack. Here, today, I will share with you the 3 great benefits of ab ball exercises, and how they will change how you think about what a proper ab workout should be like.

Ab balls are bespoke machines, which means that they are built for a specialised purpose - toning and ripping up abs. It is the single mindedness nature of the ab ball is one of its most potent benefits. They are made to support the curvature of the back and give a full range of flexible motions; each aimed to attack multiple angles that can help define and shape even the most difficult and belligerent parts of the stomach. It isn't just a toning and strengthening machine, an ab ball is a utility for a six pack. Ab balls also help to increase your core stability, meaning it trains you, whenever you use it to develop the core support structures of the body. This means greater balance and better form. I'll give you an example - the squat, the dead-lift and heavy lunges are all examples of core exercises that help build up and strengthen core stability. The ab ball does this a lot better because it aims for the lead ship - the centre of the body.

Ab balls also help to penetrate deep within. Abdominal machines and crunches are great, but they don't really go all the way to the different layers of ab muscles that we all have. Ab ball exercises like the sitting crunch and the raised ball crunch works the obliques, the upper and lower abs and deep inside, stressing the important parts of the stomach to squeeze out the fat and start toning the stomach area. One other thing, an ab ball isn't a light weight. It can work up quite a sweat in anyone and will help in the overall weight loss mission. Besides shaping, toning and defining, ab balls also burn the calories - with a good half hour on an ab ball able to burn a hundred calories - as well as toughen up the midsection.

Furthermore, because of the nature of the ab ball, its exercises not only strengthen the abs, but the thighs, the arms the hamstrings, the lower back. More than 20 exercises of the ab ball lists more than 6 different other body parts as being worked out as hard or as secondary to the abdominals. With so many benefits of ab ball exercises, am surprised that there are many gyms in the world that still do not carry them as standard - but include other expensive and non important equipment that just become white elephants.

#### About the Author

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