

How do I get a sixpack?

It's obvious really, but your stomach is the centre of your body and as such provides an essential platform for the rest of your body to work from. The really important muscles are the ones under what we imagine to be our six-pack (or in some cases a 12 pack) and these are called the transverse abdominals. It's these muscles that act like a corset to hold our spine and pelvis in place. A solid six-pack not only looks good, it is key to core stability. I recommend core work as part of every MTBer's training routine. These three exercises work the top, middle and bottom of your stomach.

1. Top of the stomach

Lie on your back with your feet on the floor and your legs bent. Keep your hands by your ears and bring your head and shoulders up towards your knees. You don't need to come up too far, just make sure that you can feel the abs working. Keep your abs tight all the way but especially as you lower back to the floor. You will really feel this in your stomach if you have this one right. Try 3 sets of 10 and build up to 3 sets of 20.

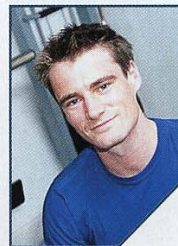
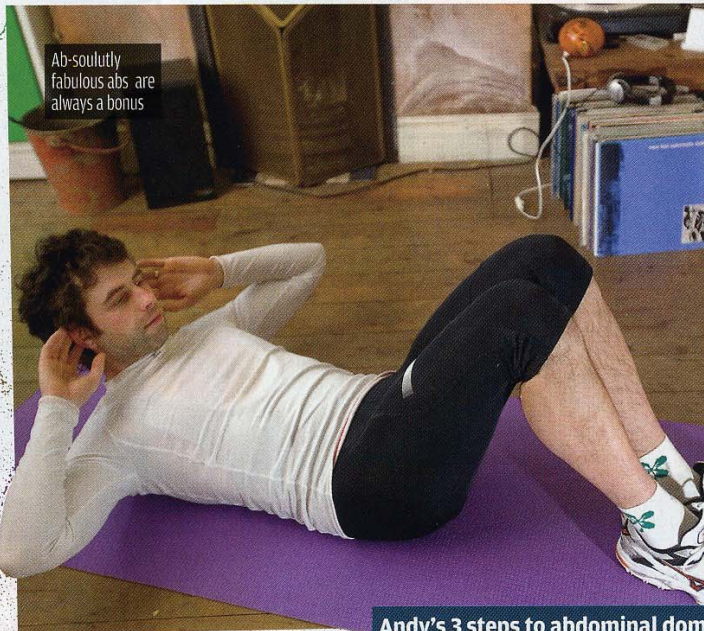
2. Middle of the stomach

Lie on your back then bring your knees up towards your chest with your legs bent. From this position squeeze your abs to get your head and shoulders completely off the ground. You should do just enough movement to feel the abs working and keep the tension on the abs as you yourself lower back down. Try 3 sets of 10 and build to 3 sets of 20.

3. Bottom of the stomach

Lie on your back with you legs

→ Core riding strength comes from the abs, says WMB's resident fitness guru **Andy Wadsworth**



Andy has raced the World Cup series as a privateer for two years, is a former Xterra (off-road triathlon) World Champion, runs his own personal training company,

Andy's 3 steps to abdominal domination

1 Upper Stomach

Like half a sit up. Don't just fall back, keep your abs tight especially as you lower down to the floor.



3 Lower Stomach

Reach up towards your toes, lifting your head and shoulders from the ground to really work those abs.

2 Middle Stomach

Keep your back straight while lifting your arms up to the side to be in line with your shoulders.



straight up in the air at 90 degrees to the floor. With straight arms, stretch up towards your feet, lifting your head and shoulders off the ground. Try 3 sets of 10 and build to 3 sets of 20 when you feel stronger.

By doing these exercises three times a week you should really start to notice your progress. The stronger you get the more you will feel your stomach muscles working towards improving posture and balance.