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To get a core as sculpted as these fit AF celebrities, it takes more than crunches and squats that only strengthen the muscles of the straight abdominals (aka the muscles of the washboard). Rather, you'll also have to strengthen your inner and outer obliques, explains certified personal trainer Dennis Lozada of RSP Nutrition. The oblique muscles are actually the biggest of all your AB muscles, so if you ignore them and focus only on squats and crunches, your basic routine is not effective and effective. The oblique muscles responsible for these chiseled V lines are made up of two different muscles, the inner slant and the outer oblique, that work together to help you perform various functions including bending forward, twisting sideways, and rotating left or right, Lozada says. Strong internal and external obliques are also important to prevent injury, especially as you get older, Grayson Wickham, physiotherapist, certified strength and conditioning specialist, and founder of the Shelter Movement says. They protect the lower back, create stability around the abdomen (which helps prevent falls), and allow you to move safely in several directions. Ready to start strengthening these sexy look, trauma-preventing oblique? Try the 11 best oblique exercises below, courtesy of top trainers. (No gear? RELATED: This 30-day Planck Challenge will turn your core into four weeks not only is the movement targeted by the outer oblique, but it also works for hip stability, says Pilates instructor Rachel Piskin, co-founder of ChaiseFitness. And because you have to squeeze the butt to keep the lower body still while performing a rep, you are also strengthening the buttocks. How to do it: Stand with your legs hip-width apart and your knees slightly bent. Lace your fingers behind your head so that the elbows point to the sides. When you are ready to start, draw the navel in the direction of the spine and make sure your ribs do not flare up. Move your right elbow to your right hip to count four, pause, then lift back to the starting position for a tally of four. It's one representative. Repeat 10 times before switching to the left side. Bike crunch, but make it slo-mo. That's the essence with this twist on the classic oblique AB exercise. In my opinion, this movement is the final test in basic stability and control, says Piskin. The purpose of this movement is form, not speed. With each rotation, check the shape and think not only about bringing the elbow to the opposite knee, but lifting the opposite shoulder from the mat for maximum muscle involvement, she says. How to do it: Start by lying on your back with your knees bent and your feet planted on the ground. Reduce to between the back and the mat, drawing the navel to the spine. Lace your fingers under your head, elbows pointed. Lift your head, shoulders and upper back off the mat. Take four counts to rotate your left elbow on your right knee. Return to the mat on count two. It's one representative. Switch sides, and keep alternate as if you are very slow pedaling the bike. The goal is for 20 total reps. RELATED: 8 Best Lower Ab Exercises for this hard-to-tone spot by Zack Daly, a certified personal trainer and training manager at Tone House, swears by this oblique step. This exercise really activates the inner oblique, and you'll also work the rest of your core. While you're doing it, Daley has one important tip: Don't let your breasts turn to the ground. Stay open in whatever direction you encounter to reap the true benefits. How to do it: Start lying on your side with one forearm, flat on the ground right under your shoulder and legs stacked on top of each other. Attract your core to lift your hips off the ground while your body is in a straight line from head to head. Keep the non-holding hand up with your hand above or behind your head. Try to keep that straight body position for 30 seconds. Repeat on the opposite side. While the board is og ab-burner, the sideboard is basically the definition of oblique AB exercises. Add a chic reach to the end and you'll also be targeting the upper back, Piskin says. How to do it: In the right position of the sideboard, extend the left hand with your fingers pointed to the ceiling. Tighten your lower AB muscles and brace your entire core. Turn your left fingers around the body and tap under the right thigh. It's one representative. Make three representatives from this side, and then switch. Work up to 10 reps on each side. RELATED: 7 Best Ab Exercises, which throughout Pinterest This step is an internal oblique exercise and external oblique exercise, Daley says, but it also works the buttocks, thigh flexors, and shoulders. The goal here is to draw the knee to the elbow on the same side. However, a tight hip and/or weak core will make it difficult to do with good shape. If you can't make a knee that high in a controlled manner, a.k.a. without rocking your hips from side to side-go is just as high as you can, he suggests. How to do it: Start in a push-up position and then lower to your forearms so that your elbows are right under your shoulders. Keeping your back flat and your core engaged, draw your left knee to touch your left elbow. Return your left leg to its original position. It's one representative. Repeat on the other side and then continue to alternate from left to right for a total of 16 to 20 reps. Once you've got the front board knee up to elbow down, kick it up a notch with the spider You already know that push-ups are seriously effective for strengthening your chest, core and shoulders. Well, this variation allows you to focus on the oblique at the same time, says Lozada. If you can't comfortably complete five standard push-ups in a row, try this with your knees on the floor. How to do it: Start in a push-up position with your hands right under your shoulders. Bend your elbows as if you're making a push. As you lower your body to the floor, lift your right foot off the floor, open up that right hip, and draw your right knee up to touch the outside of your right elbow. Return to the wringing position. It's one representative. Repeat on the left side. The goal is to complete three sets of 10 reps. FINAL: 3 Ab Moves people are always wrong and how to fix them This movement will make you twist your core against resistance, Lozada says. Translation: You can get a serious AB burn in a matter of minutes. As with most resistance group exercises, it is best to start with a little resistance and progress to a tighter range if necessary. How to do this: To create, grab the resistance strip and tie the knot at one end around the vertical post (inside the squat rack works well), so it sits just below the height of the shoulder. The more resistance in the group, the harder the exercise will be. Stand with the legs shoulder width from each other from the right side of the body to the post. Pull the strip in front of you with both hands, so it's even from the middle of your chest. Take a step or two off the post to create more tension in the group. Get ready for the core, straighten your arms in front of you and twist the body away from fasting. Your hips should stay face forward; only your core and shoulders rotate. Pause and then change the movement to return to its original position. It's one representative. Do eight reps on one side and then switch to the other side.

When you think about functional movements, you probably think of air squat or deadlift. But a one-armed farmer carry this movement you probably do almost every day: carrying groceries out of the car, hauling a briefcase to work, or towing a duffel bag through the airport. If you keep the weight close to your body by carrying it, as opposed to swinging it all over the place, you'll really be targeting the scythe, Lozada says. Bonus: You will also strengthen your grip, forearms, shoulders, traps and legs. How to do this: Take a heavy dumbbell or weight into your right hand and stand with your feet shoulder-width apart. Keep the weight on your right thigh. Tuck your hips to attract your core. Focus on keeping your shoulders square and weight close to your body, walk about 25 yards. Turn around and go back. Rest as needed and repeat on the opposite side. If you're doing yoga, chances are there are some oblique sculpture moves in your stream, says Bethany Founder and CEO of Lyons Den Power Yoga. The crescent pose is the movement of the whole body, which will improve your balance, balance, your oblique, and the tone of your thighs and carcasses too. How to do it: Get into Warrior II, striding your feet wide, turning your right leg 90 degrees, and raising your arms to the sides. Slightly bend the right knee, then transfer the weight forward to the right front leg, lifting the left leg into the air. Place your right hand on the block or floor to support or to balance the ante and both hands in the air. Attract your legs and core. Raise your eyes to the upper hand. Push the left heel backwards and bend those legs to your face, keeping your foot parallel to the floor. Hold for 30 seconds and then repeat on the other side. Ready for oblique exercise, is it a little tricky? If you have a pull-up bar, try hanging your knee lift with a twist, offering certified strength and conditioning specialist and chiropractor Allen Conrad. How to do it: Grab the bar so that your hands are slightly wider than the width of the shoulders apart. Start by hanging off the bar with a straight back, engaged core, and legs together. Then bend your knees and bring them up so that your hips are parallel to the ground. Pull down on the bar to draw your lats and shoulders and slowly rotate your torso so that your knees come to the right. Then the wipers have them left. It's one representative. If you start swinging over and over again, drop out of the bar and reset. The goal for 10 total reps. RELATED: Major Celebrity Workout Swearing for Sexy, Sculpture Abs This movement, which takes place on your knees, is deceptively difficult. But physiotherapist Corinne Croce, co-founder of Body Evolved in New York, says this requires a serious core stabilisation. This step requires that both internal and external obliques are activated and engaged. How to do it: On your knees, grab on to the resistance strip that loops around the column or cable and keep it in the middle of the chest with both hands. Squeeze the buttocks and then press the cable from the chest to make your hands completely extended. Your core should be dense and involved; Don't let your hands get pulled out of the middle line. Return to its original control position. It's one representative. The goal is for 10 to 12 reps in total. Total.

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