

ABDOMINAL CRUNCHES BEGINNERS

START



1. Lie on your back on a mat
2. Knees bent at 90°
3. Feet flat on the mat
4. Hands touching your thighs
5. Tighten your stomach muscles and pull belly button towards your spine

MIDDLE



- Whilst exhaling lift your shoulder blades and upper back off the mat with hands sliding towards your knees
- Do not tilt your tailbone upward
- Curl up pulling your ribcage towards your pelvis

END



- Inhale and slowly release your upper body back to the mat to complete one repetition

MUSCLES TARGETED

RECTUS ABDOMINUS

- These are the front of your abs that make up the "six-pack" muscles
- They run vertically along the front of the stomach
- These are the primary muscles that are targeted when performing a crunch

OBLIQUES

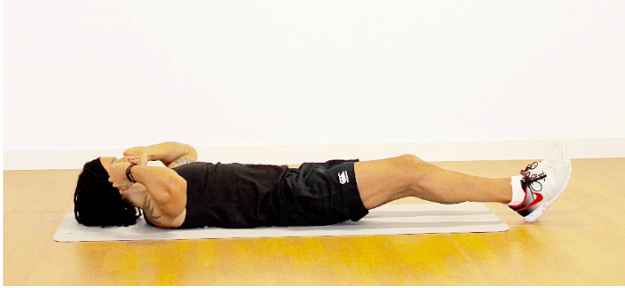
- Consist of internal and external obliques running diagonally along the sides of the body
- They act as synergists which assist the rectus abdominus
- These muscles flex the spine, rotate and bend the torso
- Strong obliques help form a stable, well-aligned spine

NOTE

This core-strengthening exercise can help improve your balance and posture if performed regularly.

ABDOMINAL BICYCLES **INTERMEDIATE**

START



- Lie on your back
- Knees slightly bent
- Feet on the floor
- Hands by your temples
- Press lower back into the floor
- Tighten your abs as you lift your head, shoulders and upper back off the floor

MIDDLE



- Lift your right elbow and left knee toward each other
- Form a 90-degree angle at your hip and knee joint
- Keep your right leg straight
- Beginners – keep right foot on the floor
- Intermediate - hover right knee a few inches from the floor

END



- Draw your right knee back up
- Immediately move your left elbow and right knee towards each other
- Straighten your left leg
- Continue to repeat as though peddling a bicycle
- Move slowly and methodically to get the most muscle activation out of the exercise

MUSCLES TARGETED

RECTUS ABDOMINUS

- These are the front of your abs that make up the "six-pack" muscles
- This muscle has an upper and lower region
- both are activated, especially during the twisting portion of the bicycle crunch move

EXTERNAL OBLIQUES

- The muscles at the sides of your waist
- Activated as you rotate your body to bring a shoulder to the opposite knee
- These muscles turn your torso side to side and help you bend sideways at the waist
- Strong obliques help form a stable, well-aligned spine

ABDOMINAL CRUNCHES **ADVANCED**

START



- Lie on your back
- Knees bent
- Feet on the floor
- Hands by your temples and elbows out from your body at about 30° to 45°

MIDDLE



- While exhaling, lift your shoulder blades off the ground until you feel pressure in the rectus abdominus muscles
- Hold for one to two seconds, then slowly release back down to the floor

END



- Begin the next repetition when the head and shoulders touch the ground

MUSCLES TARGETED

RECTUS ABDOMINUS

- These are the front of your abs that make up the "six-pack" muscles
- They run vertically along the front of the stomach
- These are the primary muscles that are targeted when performing a crunch

OBLIQUES

- Consist of internal and external obliques running diagonally along the sides of the body
- They act as synergists which assist the rectus abdominus
- These muscles flex the spine, rotate and bend the torso
- Strong obliques help form a stable, well-aligned spine

NOTE

The crunch is not a full sit up. It is a shortened motion designed to activate the rectus abdominus only. By limiting the range of motion this exercise builds strength and endurance in that specific muscle group.