

## REVERSE CRUNCHES

### START



- On the inclined bench lie on your back with your head higher than your legs.
- Reach behind to hold the neck of the knee pad with your hands
- Knees bent at 90° and heels on the ground
- Straighten your spine by lifting your chest and bringing your shoulders down and back

### MIDDLE



- With knees bent at 90° lift them together off the floor
- Brace your abs by drawing your belly button in toward your spine
- Lift your knees closer to your chest
- Hold for one to two seconds

### END



- Slowly release back down to the floor to the starting position
- Begin the next repetition when the heels touch the ground
- Let them rest on the ground between repetitions to make the move easier
- Keep them elevated an inch off the mat between reps for more intensity.

## MUSCLES TARGETED

### RECTUS ABDOMINUS, OBLIQUES AND HIPS

- These are the front of your abs that make up the "six-pack" muscles
- These are the primary muscles that are targeted when performing a crunch
- The reverse crunch is said to work the lower abs. In reality, you don't have a lower ab muscle, you have a lower region of the rectus abdominus muscle
- This muscle is one large sheath of fibers, divided in six sections by tendinous creases
- When you do a reverse crunch, the whole muscle works; however, you do experience more muscle shortening in the lower region of the muscle which, essentially puts more emphasis on this section of the muscle
- The obliques at the sides of the waist assist as you perform a reverse crunch
- Several hip and thigh muscles also assist as you draw the knees in toward your torso to lift the pelvis inward, these include the iliopsoas, tensor fasciae latae, quadriceps and adductors

### NOTE

*The exercise mimics the same pattern as the hanging leg raise but removes a level of difficulty because you are lying on a bench as opposed to hanging*