

## REVERSE CRUNCHES

### 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.*