ABDOMINAL CRUNCH

DIFFICULTY: EASY - ALL FITNESS LEVELS
TYPE: CONDITIONING
GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Lie on your back with your knees bent and your feet flat on the surface.
2. Extend your arms straight in front of you towards your knees.
3. Engage your deep abdominal muscles and lift your head slightly off the surface while you reach your fingertips closer towards your knees.
4. Hold the tension in your abdominal area for 3 seconds.
5. Gently rest your head back on the surface.
6. Repeat 10 times.
7. Complete 2 sets per day.