



A Simple guide to:

CRUNCHES

For the vast majority of people, crunches are safe and effective at training the muscles at the front of your abdomen. The crunch's small range of motion is a benefit as it trains your core without stressing your back

In fact, crunches are superior to full sit-ups and can build endurance in the abdominal region. The crunch doesn't provide a complete core workout, but no move does. While crunches aren't the only ab exercise you should do, it is beneficial to incorporate them in a workout or two per week that also includes training for your back, pelvis, obliques and transverse abdominis.

Crunches help build this important endurance in the muscles of the abdomen. Muscular endurance is the ability of these fibres to work against resistance for an extended period of time. Even just one day per week of crunches improved abdominal endurance in people who had no previous training in abdominal exercises, showed a 2015 study.

How do I do a crunch?



- Begin flat on your back with your knees bent and the heels of your feet only a few inches from your buttocks.
- Bring your hands to your temples with palms out, and elbows out from the body at about thirty to forty-five degrees. (Do not put your hands behind your neck as this can mean you will pull on your neck whilst doing the exercise).
- While exhaling, bring your shoulder blades off the ground fairly quickly, until you feel an intense pressure in the rectus abdominus muscles (around your middle).
- Hold for a one to two second count, then slowly release, beginning the next repetition when the head and shoulders are just about to touch the ground

Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles

It should be said that there is a mood that crunches are not a good exercise. They are easy to get wrong, and if performed badly can put a strain on your neck, and especially your back health. However, as a part of your routine there are many different types of crunch you can do. Shape and form is very important.

