



A Simple guide to:

REVERSE CRUNCH

The reverse crunch strengthens your abdominal muscles while placing less strain on your back and neck than a regular crunch. You lie on your back, bend your knees and lift your feet toward the sky, curling your hips off the ground. Doing this exercise regularly will help you on your quest to improve your abs.



How do you do a Reverse Crunch?

- Lie on the floor with your legs straight out in front of you. Stretch out your arms straight on either side of you, like wings, to provide stability during the exercise
- Bend your knees and lift your feet. Your thighs should be perpendicular to the floor, while your lower legs are parallel to the floor. Your legs should create a 90 degree angle. Keep your feet together.
- Inhale and pull your legs towards your torso. Rock your knees toward your face and tip your feet toward the sky. This should be done as you roll your pelvis backwards to lift your hips up off the floor. Tense your abs as you lift your legs. You should feel your abdominal muscles working to move your legs over your torso
- Now push your legs up towards the sky, keeping your back on the ground. Point your toes upwards, stretching your calf muscles. Hold for a second or two.
- Exhale and lower your legs back to starting position. Do not drop your legs quickly. Lower them in a controlled manner as you exhale

The Reverse Crunch works all of the major abdominal muscles.

The primary mover is the rectus abdominis—the large muscle that makes up the ridges you see in a six-pack. Despite looking like six or even eight separate muscles, the rectus abdominis is actually one large muscle. Reverse Crunches work all of the muscle, with extra emphasis on the lower region. Secondary muscles include the obliques, which are the muscles on either side of the rectus abdominis, and the transverse abdominis, the deepest of all abdominal muscles whose functions include stabilizing the spine and core.

Incorporating the reverse crunch into your fitness routine will help you see results fast. Not only will your abs get stronger, you'll walk taller with better posture as well. Try the reverse crunch the next time you're hoping to kick your routine up a notch and see where it takes you

