

Crunches

MAP REF

6

MAP REF

9

Strength

HOW TO

- Sit at the highest point of the seat and lock your feet under the foot posts to avoid sliding off
- Protect your back, get into position easily by taking a grip on the bar just behind where you are sitting, lower yourself backwards, until you're laying on the bar
- Place your hands behind your head
- Engage your core and lift your shoulders towards the sky
- Breathe out and contract your abs as you go up
- When shoulders are off the bench, pause, hold for a full second or more. It is very important not to lift your entire back off the pole as this can cause back strain
- In a slow controlled movement lower your head to return to the starting position
- Repeat



Crunches *(continued)*

MAP REF

6

MAP REF

9

Strength

ADVANCED

Put your hands on your stomach or palms down at your sides.
Exhale and contract

TIPS

Tweak your position in all core exercises to find what is right for you. If something doesn't feel right stop immediately

