

90 Degree Crunch

Equipment Needed: Floor Mat

Start at this Position:

- Lie with your back on the mat.
- Bring your hands behind your head. Elbows are outward and relaxed.
- Cross your ankles and lift your legs. Bend at your knees to position your legs at a 90-degree angle to the floor.
- Using your abdominals, lift your head to create a tennis-ball-sized gap between your chin and chest.
- Keep the small of your back in contact with the mat and your head aligned with your spine.

Steps to Performing the Exercise:

1. Start Position

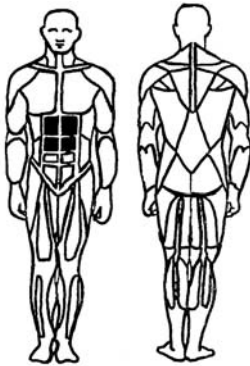


Exhale as you slowly crunch upward, lifting both of your shoulders off the mat. Concentrate on using your abdominals. Do not use your arms.

2. End Position



Continue to crunch, maintaining the tennis-ball-sized gap between your chin and chest. Keep your chin aligned with the middle of your chest. Hold for 1/2 a second, squeezing your abdominals.



Region: Abdominals

- Primary Muscle Worked: Upper Abdominals

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your head aligned with your spine.
 - Keep your chin aligned with the middle of your chest.
 - Keep your legs bent at a 90-degree angle to the floor.
 - Concentrate on using your abdominals, keeping your arms and elbows relaxed.
 - **Do not pull on your neck or bring your elbows forward.**
- Keep the small of your back in contact with the mat to alleviate unnecessary stress on your back.
 - **Do not perform this exercise if you feel discomfort in your lower back.**

3. Return to Start



Inhale as you slowly return to starting position. The small of your back remains in contact with the mat and your legs remain bent at a 90-degree angle. You have maintained the tennis-ball-sized gap between your chin and chest. Repeat the movement for the recommended number of repetitions.