

Crunch with Heel Push

Equipment Needed: Floor Mat

Start at this Position:

- Lie with your back on the mat, feet flat on the floor, and legs slightly apart.
- Raise your toes, transferring the weight to your heels.
- Lift your glute upward by pulling your belly button in towards your spine.
- Bring your hands behind your head. Elbows are outward and relaxed.
- 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.

2. Middle Position

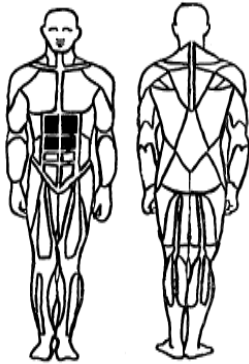


Concentrate on using your abdominals. Do not use your arms.

3. End Position



Continue to crunch, maintaining the tennis-ball-sized gap between your chin and your chest. At the end of the motion, push your heels downward, while simultaneously pressing the small of your back into the mat; thus raising your glute **slightly**. 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.
 - Remain on the heels of your feet.
 - Concentrate on using your abdominals, keeping your arms and elbows relaxed.
 - **Do not pull on your neck or bring your elbows forward.**
- At end position, push your heels downward, while pressing the small of your back into the mat.
- 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.**

4. Return to Middle



Inhale as you slowly return to starting position.

5. Return to Start



The small of your back remains in contact with the mat and you have maintained the tennis-ball-sized gap between your chin and chest. Repeat the movement for the recommended number of repetitions.