

Decline 90 Degree Reverse Crunch

Equipment Needed: Adjustable Ab Board

Start at this Position:

- **Note:** This is an advanced exercise, requiring exceptional abdominal strength. You should not perform this exercise if you have any lower back problems. If you feel any pain, **STOP IMMEDIATELY!**
- Adjust the ab board to the desired decline position.
- Position yourself on the ab board. You are lying face up with your head resting on the board's higher side. Hold the handles or pads overhead to secure yourself.
- Cross your ankles. Lift your legs, bending them to form a 90-degree angle to the board.
- Keep your head aligned with your spine.

Steps to Performing the Exercise:

1. Start Position



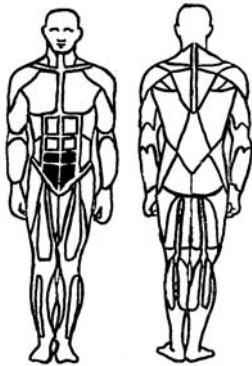
Exhale as you slowly crunch, by raising your legs toward your chest. Concentrate on using your abdominals.

2. End Position



Continue to raise your legs, bringing them as close to your chest as possible, without letting the small of your back leave the board. Hold for 1/2 a second, squeezing your abdominals.

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Region: Abdominals

- Primary Muscle Worked:
Lower Abdominals

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your head flat on the board and aligned with your spine.
 - Keep your legs bent at 90-degrees and your ankles crossed.
 - Concentrate on using your abdominals. **Do not jerk your body or use momentum.**
- Keep the small of your back in contact with the board to alleviate unnecessary stress on your back.

3. Return to Start



Inhale as you slowly return to starting position. The small of your back remains in contact with the board and your legs remain bent at a 90-degree angle to the board. Repeat the movement for the recommended number of repetitions.