

Side Oblique Crunch with Arms Extended

Equipment Needed: Floor Mat

Start at this Position:

- Lie with your back on the mat, feet flat on the floor, and legs slightly apart.
- Extend your arms overhead. Overlapping your hands, rest one palm on top of the other, and bring your elbows outward. **Hold this position throughout the exercise.** Refer to *Figure A*.
- 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 by pulling your belly button in towards your spine.
- Keep your head aligned with your spine.

Steps to Performing the Exercise:

1. Start Position



Exhale as you slowly crunch inward from the waist to one side, raising your shoulder off the mat.

2. Middle Position



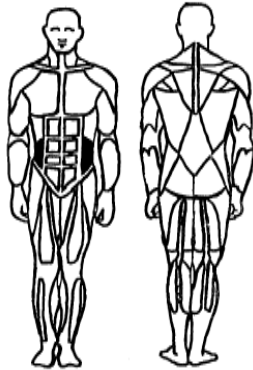
Concentrate on using your oblique and abdominals, maintaining a tennis-ball-sized gap between your chin and your chest. Keep your elbows aligned with each other.

3. End Position



Continue to crunch to your side, keeping your opposite shoulder blade on the mat and your chin aligned with the middle of your chest. Keep your arms extended overhead and your elbows aligned with each other. Hold for 1/2 a second, squeezing your oblique and abdominals.

*Note: Your arms should be used for resistance **only**.*



Region: Abdominals

- Primary Muscle Worked: Obliques

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 feet flat on the floor.
 - Concentrate on using your obliques, keeping your arms and elbows relaxed.
 - **Keep your arms extended overhead and your elbows aligned with each other.**
- 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 Start



Inhale as you slowly return to starting position, keeping the small of your back in contact with the mat. Your arms remain extended overhead, while maintaining the tennis-ball-sized gap between your chin and chest.

5. Other Side



Duplicate the exercise for the other side of your body. Alternate between sides. Repeat the movement for the recommended number of repetitions. (1 repetition = one for the left and one for the right)

Figure A

