

Classic Crunch | Hands at Chest



Arms straight



Lift shoulder blades and upper back,

Preparation:

- Lay on back, knees bent, feet flat
- Arms forwards

Execution:

- Perform a crunch, lifting shoulder blades and upper back off floor
- Continue to lift, return with control

Classic Crunch | Arms Forward



Arms straight



Lift shoulder blades and upper back, reach for knees

Preparation:

- Lay on back, knees bent, feet flat
- Arms forwards

Execution:

- Perform a crunch, lifting shoulder blades and upper back off floor
- Continue to lift, sliding your hands to your knees, return with control