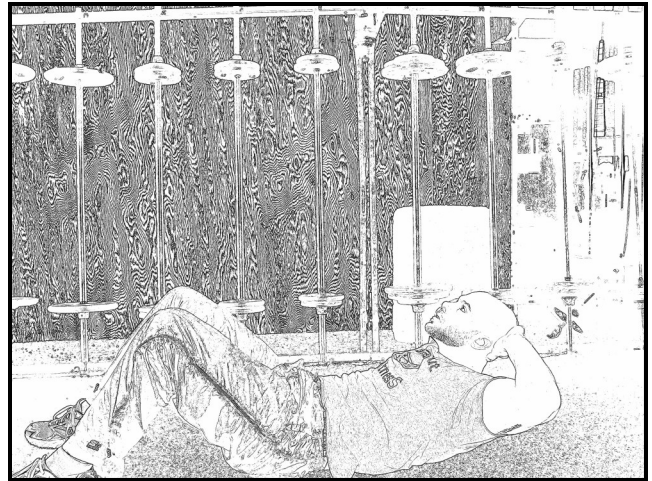


Abdominal Crunch

- Always consult a physician before beginning any exercise routine.
- Drink appropriate amounts of fluid to remain hydrated-if you have any related conditions, ask your doctor how to do so properly.
- No dumbbells? A 16 oz canned good = 1 lb weight!
- Effective workout routines can be done in just 30 min, 4-5 days a week.
- Walking, in appropriate footwear, at good pace can be a great way to remain active in between workouts.



Focus of exercise: Trunk /Core

Lay on back on mat or floor with knees bent to 90 degrees, feet shoulder width apart and flat on the floor. Place hands across your chest or palms flat on thighs, and keep your chin up toward the ceiling. This is the starting position. Raise both shoulders off the floor, focusing on the abdominal muscles to pull you up and lower you down, in a smooth and controlled movement.

You should not feel pain or strain in the neck or lower back if positioned properly.

Repeat for 2-3 sets of 8-15 reps.