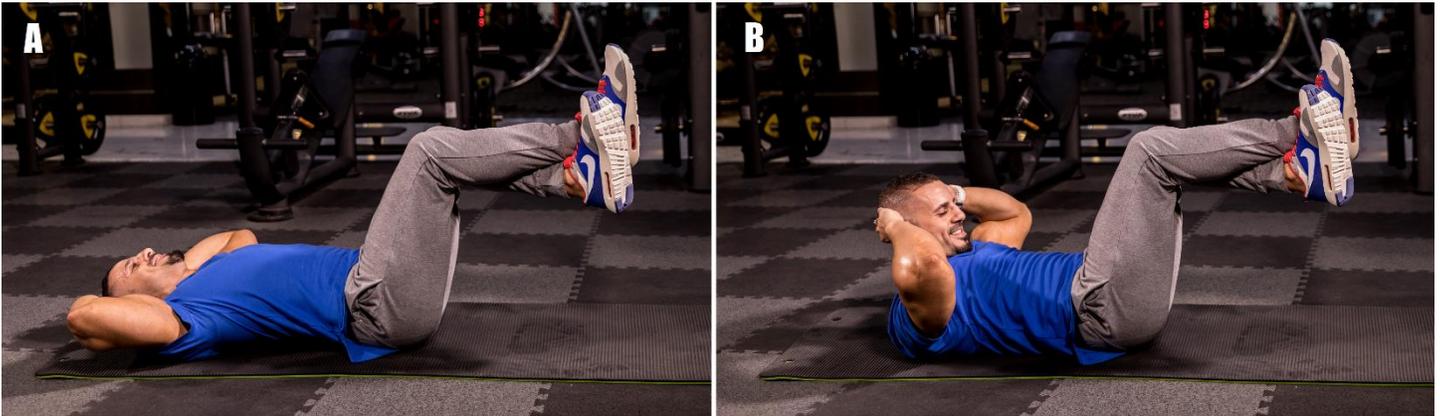


# ABDOMINAL CRUNCHES (LEGS CROSSED)



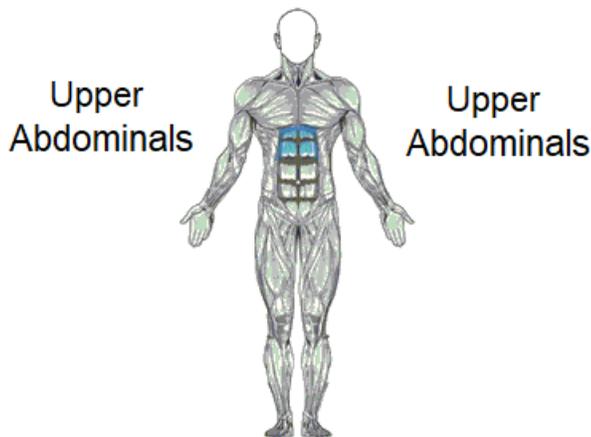
1. Lie flat on your back with your legs crossed and your upper thighs held up so it's perpendicular to the floor, and with your lower legs (calves) parallel to the floor. Place your hands lightly on each side of your head, with your elbows held slightly up and pointing forward (do not lock your fingers behind your head). This will be your starting position.
2. Start raising your head off the floor and towards your midsection along with your arms as you contract your upper abdominal muscles as hard as you can while keeping your back stationary on the floor and your legs crossed and held up while parallel to the floor.
3. Slowly return your head back to its starting position while keeping your upper abdominal muscles fully engaged.
4. Repeat this motion for the recommended amount of repetitions.

**CAUTION:** Be careful not to strain your neck as you perform this exercise, while mainly focusing on executing a slow and controlled movement. It is normal for you to feel a slight burn and tension in your hip flexors and quads muscles due to the effort being done to keep your legs hanging up in an elevated position the entire time while performing this exercise.

**ALTERNATIVE EXERCISES:** [Swiss Ball Abdominal Crunches](#) / [Decline Bench Abdominal Crunches](#)

# ABDOMINAL CRUNCHES (LEGS CROSSED)

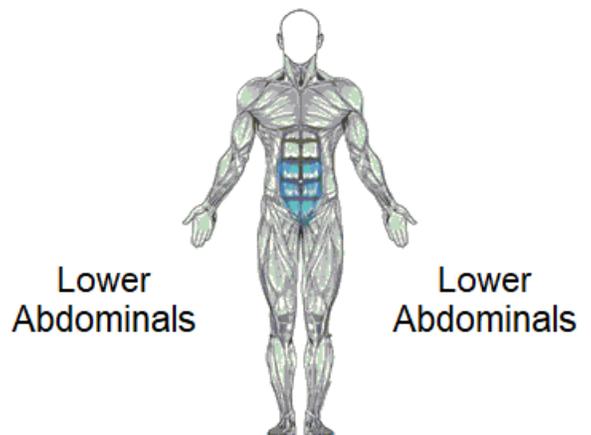
## PRIMARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

## SECONDARY MUSCLE



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.



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