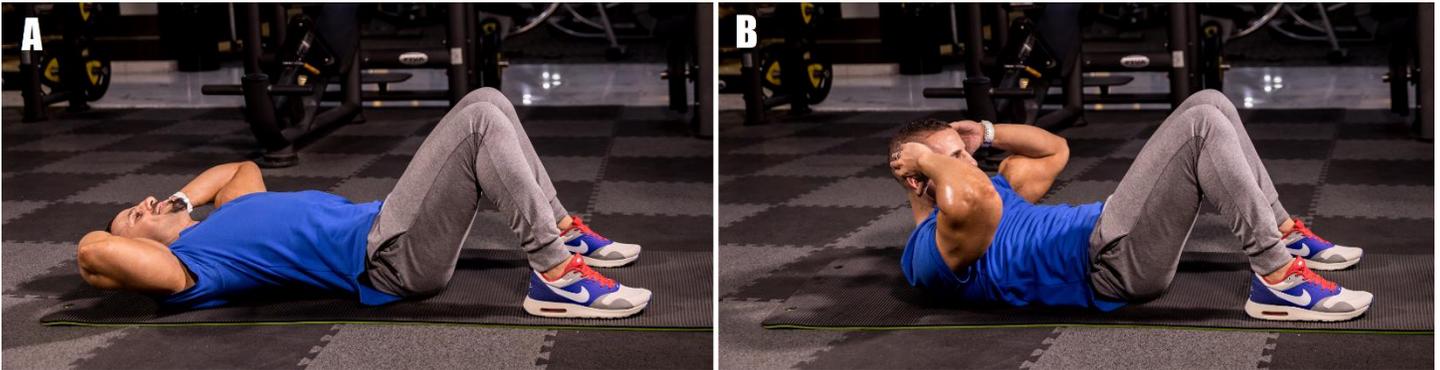


ABDOMINAL CRUNCHES



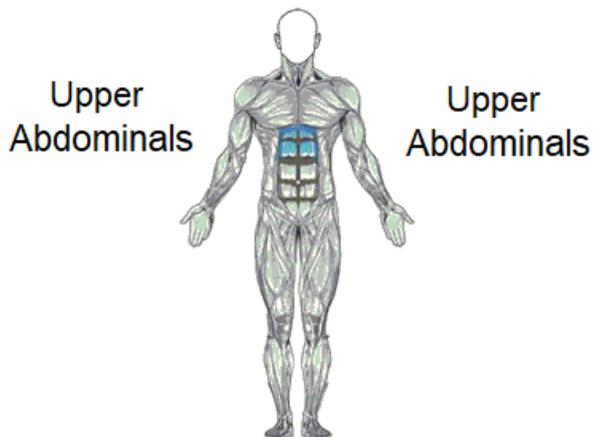
1. Lie flat on your back with your feet on the ground and your knees bent at a 90-degree angle. Place your hands lightly on each side of your head, with your elbows held slightly up and pointing forward (do not lock your fingers behind your head). This will be your starting position.
2. Start raising 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 and feet stationary on 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 to engage your abdominal muscles as much as you can.

ALTERNATIVE EXERCISES: [Swiss Ball Abdominal Crunches](#) / [Standing Cable Crunches](#)

ABDOMINAL CRUNCHES

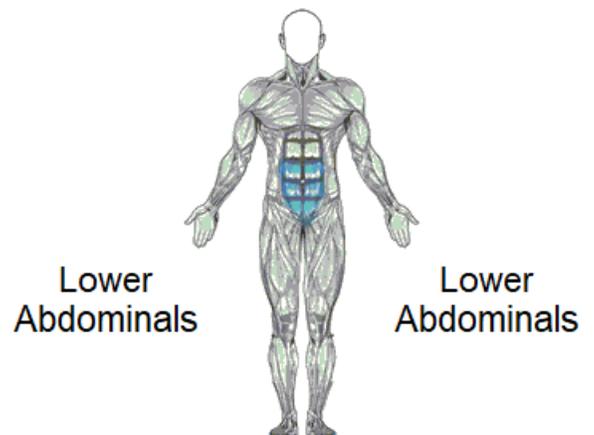
PRIMARY MUSCLE



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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