Title: Crunches

Primary Muscle Groups: Abs

Secondary Muscle Groups:

Summary: <ol>

<li>Lie flat on your back with your feet flat on the ground, with your knees bent at 90 degrees. Alternatively, you can place your feet up on a bench a few inches apart with your toes turned inwards and touching.</li>

<li>Place your hands lightly on either side of your head.</li>

<li>Keep your elbows in  so that they are parallel to your body.</li>

<li>Push your back down flat into the floor to isolate your abdominal muscles.</li>

<li>Gently curl your shoulders forward and up off the floor.</li>

<li>Continue to push down into the floor with your lower back.</li>

<li>Raise your shoulders about four to six inches only.</li>

<li>Hold and squeeze your abdominal muscles for a count of one.</li>

<li>Return to the start position in a smooth movement.</li>

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