Title: Double Crunches

Primary Muscle Groups: Abs

Secondary Muscle Groups:

Summary: <ol>

<li class="p1">Lie on your back. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Place your hands behind your head and bring your shoulders off the ground.</li>

<li class="p1">Exhale and contract your abdominals. Bring your head towards your knees while moving your knees toward your chest.</li>

<li class="p1">Pause and return to the starting position.</li>

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