Title: Jackknife Sit-up / Crunch / Toe Touches

Primary Muscle Groups: Abs

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li>Lie flat on an exercise mat, extending your arms straight back behind your head.</li>

<li>Fully extend your legs also.This is the start position.</li>

<li>Bend at your waist and at the same time, raise your legs and arms to meet in a closed jackknife position. Exhale as you do this.</li>

<li>At this point, your legs should remain fully extended at between 35-45 degrees from the floor.</li>

<li>Your arms should be fully extended, parallel to your legs.</li>

<li>Your upper body should be raised off the floor.</li>

<li>Return to the start position by lowering your arms and legs back to the floor, exhaling as you do so.</li>

<li>Repeat</li>

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