Title: Reverse Crunch

Primary Muscle Groups: Abs

Secondary Muscle Groups:

Summary: <ol>

<li>Lie flat on an exercise mat on the floor.</li>

<li>Extend your legs fully and place your hands palms down, flat on the floor beside you.</li>

<li>Keeping your feet together, draw your knees up towards your chest, until your thighs are at 90 degrees to the floor and your calves are parallel to it. This is the start position.</li>

<li>As you inhale, curl your hips up off the floor while bringing your knees further towards your chest.</li>

<li>Continue the movement until your knees are touching your chest, or as far as comfortable.</li>

<li>Hold for a count of one.</li>

<li>In a controlled movement, return your legs to the start position, exhaling as you do so.</li>

<li>Repeat.</li>

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