Title: Side / Oblique Crunches

Primary Muscle Groups: Obliques

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lie on a padded surface on your left side. Stack your legs and bring your right hand behind your head. Lie your left arm in front of you or across your body. Brace your core.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pulling from the obliques, bring your elbow up and towards your feet. Do NOT pull yourself with your hand.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause and feel the contraction in your obliques then slowly return to the starting position.</span></li>

</ol>