Title: Standing Cross-body Crunches

Primary Muscle Groups: Abs, Obliques

Secondary Muscle Groups: Hamstrings, Quadriceps

Summary: <ul>

<li>Standing up straight, bring your hands behind your head so that your elbows are pointed to the sides.</li>

<li>Twisting your body, bring your left elbow down and across your body. At the same time, raise your right knee up and across to meet the left elbow.</li>

<li>Return to the starting position.</li>

<li>Repeat on the other side and continue alternating.</li>

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