

# ABDOMINAL EXERCISES



## Straight Arm Crunch

On the carriage, facing the front platform

[Xformer]

(Standard: 3-4 white springs)

(Modification: Use the long black straps instead of the short hard handles)

(Intensification: 0 springs)

[Megacore]

(Standard: 2 black springs)

(Modification: Use the long black straps instead of the short hard handles)

(Intensification: 2 black + 1 grey spring)

[Allegro 2]

(Standard: 1 red spring)

(Modification: Use the long black straps instead of the short hard handles)

(Intensification: 1 red + 1 yellow spring)

[Evo Reformer]

(Standard: 2 yellow springs)

(Modification: Use the long black straps instead of the short hard handles)

(Intensification: 2 yellow + 1 blue spring)

- Setup (how to get into position)
  - Sit down on the carriage and lie back with your head toward the back platform.
  - Pick up the long black straps located on the sides of the carriage and hold the short hard handles in your hands
  - Bring your hands straight up towards the ceiling with your hands in line with your shoulder
  - Palms facing forward, bend your knees into a tabletop position, keeping your knees and legs together
- Execution (how to perform the exercise)
  - Exhale as you press your palms forward and down towards the carriage, as you lift your chin and shoulders off of the carriage, eyes to your thighs
  - Inhale as your hands come back up above your shoulders while lowering your head and shoulders

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## Straight Arm Crunch

On the carriage, facing the front platform

- DO NOT
  - DO NOT crunch forward with your neck or tuck your chin into your chest.
    - (Tucking your chin constricts the ability to breath. Keep space between the chin and chest)
  - DO NOT let your knees come in past your hip line.
    - (May cause lower back strain and reduce core engagement. Keep knees stacked above the hips)
- Challenge(s)
  - Hundreds:
    - Crunch forward and hold. Reach your fingertips further and lift your shoulders higher
    - Inhale, pulse, pulse, pulse, pulse. Exhale, pulse, pulse, pulse, pulse
    - 5 pumps per inhale and 5 pumps for exhale
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Note: It's important to tell everyone to rest their head, neck, and shoulders, if they're feeling discomfort