

# ABDOMINAL EXERCISES



## Back Kneeling Crunch

At the back, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: 0 springs)

(Intensification: move your forearms further forward towards the center of the carriage)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring)

(Intensification: move your forearms further forward towards the center of the carriage)

[Allegro 2]

not applicable

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 0 blue springs)

(Intensification: move your forearms further forward towards the center of the carriage)

◆ Another challenge you can do is:  
holding a crunch keeping hips above the knees  
and perform a SAW ~~without~~ moving the hips  
"holding your crunch, extend the arms out without shifting the hips forward  
then bend your elbows in to move the carriage back" ◆

- Setup (how to get into position)
  - Starting on the back platform facing the carriage
  - Pull the carriage in and tuck your knees against the back platform strap
  - Forearms over and against the back carriage strap
  - Lower down and forward into a modified plank position
  - Lightly lift your hips and engage your core
- Execution (how to perform the exercise)
  - Exhale as you:
    - Lift your stomach, round your spine
    - Tuck your chin, eyes to thighs
  - Inhale as you:
    - Lower down and back into your modified plank

## Back Kneeling Crunch

At the back, facing front

- DO NOT
  - DO NOT: Bring the carriage in with your knees
    - (Using the knees is less effective and will activate more of the hip flexors)
  - DO NOT: Allow your knees to go too far forward past your hips or you'll lose tension
    - (The more the knee passes the hips and get closer to the back platform, the less effective)
  - DO NOT: Allow your shoulders to go forward past your elbows as you crunch
    - (This can lead to shoulder strain or discomfort)
- Challenge(s)
  - Holds and Pulses
    - Crunch halfway up
      - pulse down 2 inches and up 2 inches (easier)
      - pulse up 2 inches, down 2 inches (harder)

Note: Pulses are "up and down" (not "in and out" because people may use their knees, which is less effective)