

ABDOMINAL EXERCISES



Kneeling Crunch

At the front, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: 2 white springs)

(Intensification: 0 springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 3 grey springs)

(Intensification: 1 grey spring)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 1 blue spring)

(Intensification: 0 springs)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 2 blue springs)

(intensification: 0 springs)

- Setup (how to get into position)
 - Starting on the carriage facing the front platform
 - Forearms down on the front platform
 - Move your knees all the way forward to the edge of the carriage, legs and feet together
 - Lower down and back 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

I PREFER TO TEACH THIS ON ZERO SPRINGS
AND OFFER 1 WHITE SPRING AS A
MODIFICATION

ABDOMINAL EXERCISES

Kneeling Crunch

At the front, 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)