



Side Kneeling Crunch

[right oblique]

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)
 - Start on the carriage facing the front platform
 - Move your knees all the way forward to the edge of the carriage (legs and feet together)
 - Tuck your elbows over and against the front platform strap.
 - Swing your legs and feet off the right side of the carriage, stacking your knees (don't cross your feet and ankles).
 - Lower down and back into a modified plank position.
 - Lightly lift your hips and engage your core.
 - Note: For those who have tight hips, stacking the knees may be uncomfortable. Knees side by side with both knees touching the carriage is the modification
- Execution (how to perform the exercise)
 - Exhale as you:
 - Lift the right oblique first.
 - Round the right side of your back second.
 - Tuck your chin into your chest third.
 - Continue rounding the spine as you move through your range of motion.
 - Inhale as you release down and back untucking the chin (back into the starting position).

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[right oblique]

At the front, facing front

- DO NOT
 - DO NOT move the carriage by bending your knees forward because you won't activate the obliques effectively
 - DO NOT allow your shoulders to move forward past your elbows as you crunch forward
 - This can cause shoulder irritation
- Challenge(s)
 - Holds / Pulses
 - Lift and round halfway up
 - pulse by lowering down and back 2 inches and lifting up and forward 2 inches (easier)
 - pulse by lifting up and forward 2 inches and lowering down and back 2 inches (harder)