



Mermaid Crunch

[left oblique]

Seated on the back platform, facing sideways

(springs: no springs are required for this exercise)

- EXCEPT for the Allegro 2, which i'd have at least 1 blue spring attached. The short box is on top of the carriage
- Setup (how to get into position)
 - Sit at the back platform facing the front platform
 - Turn to your right, sit on your right hip, and set your right leg up onto the back platform, bending it at a 90-degree angle (do not tuck the right leg under your left thigh)
 - Tuck your left foot under the adjustable floor strap in the well
 - Left hand to the side of your head and right hand behind your back
 - Lower down to the right as low as you can hold
- Execution (how to perform the exercise)
 - Exhale as you press your right hip down and into the back platform to lift and fold your body up and to the left (guiding your left elbow to your left outer thigh).
 - Inhale as you lower down to the right to the starting position.
- DO NOT
 - DO NOT let your shoulders hunch and round forward.
 - DO NOT hook your foot under the floor strap so much that you're activating the right outer leg instead of your right oblique.
 - DO NOT swing upwards
- Challenge(s)
 - Holds / Pulses
 - Meet me as low as you can go
 - pulse up 2 inches and down 2 inches (squeezing or folding from the right oblique)

TIPS AND TRICKS (click here)