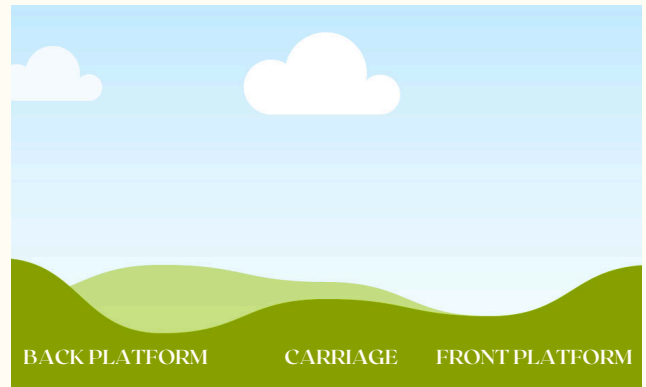
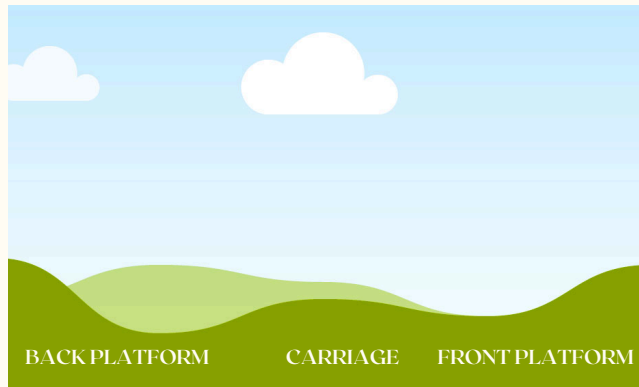


ABDOMINAL EXERCISES



Knee Strap Crunch

On the carriage, facing the back platform

[Xformer]

(Standard: 3-4 white springs)

(Modification: 3 white springs)

(Intensification: 4 white springs)

[Megacore]

(Standard: 2 black springs)

(Modification: 2 black + 1 grey spring)

(Intensification: 2 black + 1 grey spring))

[Allegro 2]

(Standard: 1 red spring)

(Modification: 1 yellow + 1 blue spring)

(Intensification: 1 red + 1 yellow spring)

[Evo Reformer]

(Standard: 2 yellow springs)

(Modification: 2 yellow + 1 blue spring)

(Intensification: 2 yellow + 1 blue spring)

- Setup (how to get into position)
 - Sit at the back of the carriage, facing the back platform, with your feet in the well
 - Take long black straps (located on the sides of your carriage) and place each strap through each leg up past your knees.
 - Carefully lie down on your back and scoot your body towards the middle of the carriage
 - Place your hands behind your head OR at the sides of your ears.
 - Lengthen your legs up to tabletop and extend outwards keeping tension in the cables
- Execution (how to perform the exercise)
 - Exhale as you lift your chin, then your shoulders, eyes to your thighs, bending your knees inward towards your chest
 - Inhale as you lower back and down extending your legs forward to the starting position.

ABDOMINAL EXERCISES

Knee Strap Crunch

On the carriage, facing the back platform

- DO NOT
 - DO NOT crunch forward with your neck or tuck your chin.
 - (using your neck to crunch may strain your neck)
 - (tucking your chin constricts the ability to breath. Keep space between the chin and chest)
- Challenge(s)
 - Reaches
 - Crunch up to hold, extending your legs up and diagonal, and arms out reaching for your toes
 - pulse down and up 2 inches (easier)
 - pulse up and down 2 inches (harder)

Note: Cue to use their lower abdominal muscles to pull their knees in