

KNEE TO ELBOW CRUNCH

The knee-to-elbow crunch is a bodyweight exercise targeting the ab muscles, the obliques and rectus abdominis or "six-pack" muscles in particular. It can be performed for time or reps as part of the ab-focused portion of any workout.

BENEFITS

1. Strengthens the obliques and rectus abdominis
2. Simple exercise that can be done by all fitness levels
3. Works well with other ab-focused movements in a circuit