

WHEN WE DO DIFFERENT TYPE OF CRUNCHES

Strengthening Your Abs – If you want to work on your six-pack then you need to be incorporating crunches into your workouts. Crunches target your abs and train them to work in a coordinated manner. Other exercises, like push ups, side planks and glute bridges also help to train your abs as well, but crunches laser focus in on them. Another benefit is more core strength.

Hard “Core” Strength Building – As mentioned above, another benefit to doing crunches is that these exercises help to improve your core strength. Having stronger core muscles allows for better posture and balance. This helps your body function more efficiently as you're doing your the day-to-day activities as well as exercising or participating in sporting events or competitions. A strong core and good posture will also help you not get injured or experience back pain.

Burn More Calories – Now you know that crunches make you stronger, but did you know that doing these exercises can also help to make you thinner? That's right, you can actually burn several calories with just a few minutes of crunches. Here's an example: If a person weighing 160-pounds did moderate crunches for 10 minutes they would burn about 54 calories, and vigorous crunches will burn 98 calories. A person weighing 190 pounds will burn 65 and 116 calories respectively. If you did crunches for a full half hour you could burn upwards of 300 calories.

More Good Stuff – One of the best things about crunches is that you can do them anywhere and it's one of those types of exercises that does not require a gym membership. You can bust out a set before work, during lunch, or on a break. Even when you're on vacation or traveling, you can always keep doing your crunches.