**Bicycle Crunches**

**Equipment**: Yoga mat

**Instructions**:

1. Starting Position:

* Lie on your back with your hands placed lightly behind your head, elbows open.
* Lift your shoulders off the mat and raise both legs, keeping your core engaged.

1. First Crunch:

* Bring your right knee towards your chest while simultaneously twisting your torso to bring your left elbow towards your right knee.
* Fully extend your left leg without touching the ground.

1. Alternate Sides:

* Return to the starting position in a controlled motion.
* Repeat on the opposite side by bringing your left knee towards your chest while twisting your torso to bring your right elbow towards it.
* Extend your right leg fully.

1. Continue the Movement:

* Keep alternating sides in a smooth, pedaling motion until the set is complete.

**Tips for Bicycle Crunches:**

* Avoid pulling your head forward—focus on rotating your torso instead.
* Engage your core muscles, keep your elbows open, and relax your neck.
* Breathe out as you crunch, keep your shoulder blades off the mat, and maintain a steady rhythm throughout the exercise.