**Cross-Body Crunch**

**Equipment**: Yoga mat

* Do the poses only as far as your body feels comfortable — never force or overstretch.
* Breathe normally, stop if you feel pain, dizziness, or strain.

**Instructions:**

1. Starting Position:

* Lie flat on your back with your knees bent and feet flat on the floor.
* Cross your right leg over your left knee.
* Place your left hand behind your head for support.

1. Crunch Movement:

* Exhale and engage your core as you lift your left shoulder off the ground.
* Rotate your torso, bringing your left elbow toward your right knee.
* Keep your right hand relaxed on your stomach or extended out for balance.

1. Lower Back Down:

* Inhale as you slowly lower your upper body back to the starting position.
* Maintain control and avoid using momentum.

1. Repeat & Switch Sides:

* Complete the desired number of reps, then switch sides (left leg over right knee, right elbow toward left knee).

**Tips:**

* Engage your abs to drive the movement rather than pulling with your neck.
* Keep your lower back on the mat to avoid strain.
* Move slowly and with control for maximum effectiveness.
* Breathe properly—exhale when crunching, inhale when lowering.