



Reverse Crunch

Purpose:

- **Strengthening the abdominals**

Start/Finish Position:

- Sit on a bench with a slight incline in the upper body
- Hands support the position by holding onto the edge of the bench
- The feet are together and the toes are pointed
- The head and eyes are looking directly forward
- The legs are straight in front of body and lifted off the floor

YES

NO

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Phase I:

- Slowly lift the knees toward the chest until the upper-body meets the knees
- Keep the feet and knees together
- The back is almost in an upright position at the top of the crunch

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Phase II:

- Lean backward in a synchronized movement as knees straighten
- Extend body with control and focus
- End the movement in a balanced position

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Variations:

- Weighted with medicine ball
- Multidirectional
- Alternate sides
- Crunches on rolling board