

Elevated Leg Crunch



- Placing your hands either on your chest, or holding your ears (not your neck), lie on the floor and rest your feet on a chair
- Brace your abdominal muscles, tightening them for stability
- Raise your shoulders, not just your head, toward the ceiling, creating a “C” shape in your back
- Your low back will stay on the floor, this is only a crunch not a full sit-up
- Return slowly to the start position, but don’t allow your body to rest at the bottom; repeat

- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
