

Hanging Crunch



- Find a playground/swing set with parallel bars or monkey bars
- Jump up to the bars, holding on to them at a distance that is just inside shoulder width
- Keeping your knees together, bring your knees up toward your chest
- Once your knees are as far up as you are able to bring them, tuck your tailbone under, causing your back to form the shape of a C
- Allow your legs to return to the start position while under control
- Try not to swing, this is about working the abs, not using inertia

- For added difficulty and a little bit different of a workout, raise your knees towards one side. This will work the muscles on the side of your body (abdominal obliques)

- For best results, try to complete 1-3 sets of 8-12 repetitions per set

Disclaimer:

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.
