

Seated Crunch



- Sit on the edge of a non rolling chair, feet and knees a couple of inches apart, placing your hands on your thighs
- Lean back so your upper shoulders touch the back of the chair. You may want to place a pillow or rolled up jacket at the back of the seat to support your lower back
- Tighten your abdominal muscles as tight as you can (Very important in order to get the benefit of the exercise)
- Curl your back into the shape of a “C” as you move your hands toward your knees
- Under control, slowly return to the start position, keeping your abdominal muscles tight

- Repeat for the desired number of repetitions, aiming for 3 sets of 15 repetitions

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.
