

### Core Training 3

#### The Crunch

Exercise	Teaching Points	Reps x Sets
Straight Leg Crunch	<ul style="list-style-type: none"><li>• Lie down with your back flat on the floor and legs raised up straight in the air</li><li>• Hold your arms out straight above your chest, finger tips pointing up</li><li>• Keep your arms straight throughout the movement</li><li>• Lift you shoulders and back up off the floor and reach your fingers to your toes</li><li>• Lower your back and shoulders back down to the floor and keep your arms straight</li></ul>	A) 12 x 3 w/ 30 seconds rest  B) 15 x 3 w/ 30 seconds rest  C) 18 x 3 w/ 30 seconds rest
Leg Raised Crunch (bent knees)	<ul style="list-style-type: none"><li>• Lie on your back with your legs up but keep them bent with your knees at 90 degrees over your hips, feet out in front</li><li>• Place your hands by your temples with your elbow out</li><li>• Lift your shoulders and back up off the floor and raise your chest up, pause and then lower yourself down to the floor</li><li>• Hold your legs in place throughout the movement</li></ul>	A) 12 x 3 w/ 30 seconds rest  B) 15 x 3 w/ 30 seconds rest  C) 18 x 3 w/ 30 seconds rest
Reverse Crunch	<ul style="list-style-type: none"><li>• Lie on the floor with your back and legs flat on the floor</li><li>• Place your arms across your chest</li><li>• Raise your legs straight until your feet are pointing straight up and then lift your hips up to raise your feet higher up</li><li>• Focus on lifting your feet up higher rather than backwards over your head</li><li>• Lower your hips down and then control your legs down to the floor</li></ul>	A) 10 x 3 w/ 30 seconds  B) 12 x 3 w/ 30 seconds  C) 15 x 3 w/ 30 seconds

Bicycle Crunch	<ul style="list-style-type: none"> <li>• Lie on the floor with your back flat and your knees up at 90 degrees</li> <li>• Place your hands by your temples and lift your shoulders and upper back up off the floor</li> <li>• Twist and take your right elbow across your body and bring your left knee in and across to meet your right elbow as you straighten your right leg</li> <li>• Lower back down, take your left leg back out and bring your right knee back in</li> <li>• Repeat on the other side</li> </ul>	<p>A) 20 x 3 w/ 30 seconds rest</p> <p>B) 30 x 3 w/ 30 seconds rest</p> <p>C) 40 x 3 w/ 30 seconds rest</p>