



ABDOMINAL CRUNCH

PERFECT PERFORMANCE

Pre-Requisite: Abdominal Hollow, Pelvic Tilt

Seated: Readiness Position

Begin by sitting forward and locking pelvis and upper torso into readiness position. Pelvic Tilt slightly. Use this guide to assist you: Breath in while you arch your low back and get tall without losing the pelvic tilt nor the abdominal contraction. Breath out while you round your low back and get small. This will enable you to fully shorten and lengthen the abdominal muscles during the exercise. Perform this exercise with rules of concentric/eccentric contraction in mind, I.e.: 1 second concentric contraction and 2 second eccentric contraction. Remember too that the Abdominal muscles are postural and require high repetitions and long contractions. 2-3 sets of 20-30 performed correctly will not only strengthen the Abdominal muscles but the Erector Spinae as well. Try it, it is harder than it looks.

This exercise is utilized in these exercise programs:

Stage 1- Upper & Lower

Stage 2-Upper, Lower & Spinal

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Is good for these areas of pain or Diagnosis:

DISC INJURIES HIP INJURIES

UPPER CROSS LOWER CROSS

KNEE INJURIES DIAPHRAGM PROBLEMS

To name a few!