

# Your Exercise Routine: Abdominal Crunches

The next exercise we're going to complete is called an Abdominal Crunch. It is designed to strengthen the muscles of the core.

We're going to show two variations of this exercise. You're going to cross your arms here as option number one; and option number two, I'm going to put my arms out to the side where, I'm touching my head.

To do this exercise - we're actually going to do this on the floor today, but you want to do this on a floor that has either a mat or a carpet. Or, if that's not comfortable to get on the floor, then it's certainly appropriate to do this on the bed.

So what we're going to do is, we're going to lie down on our mat or the floor. Our knees are bent; our feet are flat on the floor. We're looking straight up at the ceiling. You want to position your arms either across the chest or out to the side.

Now to execute the exercise, you're just going to raise your shoulders up a few inches so that you're pushing your belly button down, and your lower back toward the surface beneath you ... and then lower it back down.

You want to keep your head in alignment. Do not strain your neck. You should feel no strain in your neck and you should be looking up at the ceiling the entire time. You don't want to put any pressure on your neck.

As with our other exercises, we're going to complete 10 repetitions. Then we're going to take a break and do 10 more.

We have two more. Last one ... and lower. Very good.

Carefully, get up. Very good.