

# Your Exercise Routine: Chair Crunch

The next exercise we're going to complete is a Chair Crunch. This is to strengthen all of our muscles through what we call our core - with our abdominal muscles, our obliques on the side, and our lower back muscles.

So, we need a tool from the home. We're going to find a chair, a nice sturdy chair that's not going to slip out from underneath of us, and has a wide enough seat that we can lean back into it.

You want to sit towards the edge of the chair, but not too far forward. And you want to extend your legs out from you and position the feet maybe hip-width apart, just for added balance and stability.

You want to keep your shoulders back and down. And to do this exercise we're going to actually put our hands across shoulder-to-shoulder.

And then I'm just going to lower myself backward - not quite halfway, probably 20 degrees or so - and then I'm going to use my abdominal muscles to pull myself back up to a straight position. I'm going to lean back ... and then pull myself back up.

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

You want to make sure through this exercise that you're using your abdominal muscles, that you're maintaining a nice straight back position and you're not straining at your neck. And focus on using those abdominals to sit yourself up, keeping your feet on the floor.

We have 2 more to complete ... last one ... very good.

That was awesome. Good job.