

of the Exercise of the Month

May, 2016

Star Crunch

Purpose: Core strength

Target Muscles: Abdominals

Assisting Muscles: Lower Back and Obliques

Equipment Needed: Mat

Position 1: Lie flat on the floor with arms and legs extended to create an “X”.

Position 2: Contract abdominals and lift arms and legs off the ground. Avoid arching the shoulders, keep head up and back neutral.

Position 3: Bring arms and legs into the center of the body holding a “V” position by balancing on the glutes, abdominals remain contracted. Hold, then with control return arms and legs back to Position 1.



Modification:

To modify, bring arms and legs into the center of the body and take only the shoulders off the ground.



From Corporate Fitness Works Team Leader, Andrea Douglas

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