

BLOW OUT THE CANDLE LL04

CRUNCH

DIRECTIONS

Lie flat on your back with feet facing away from the anchor. Hold the rope behind your head with elbows in a bent position. Slowly curl up your head and neck until the elbows touch the ground and exhale. Repeat 20 times.

The pulling force should come from the CURLING head and neck – not the arms. The movement of the elbows and hands are illusionary. They are only holding the rope and in a neutral manner going along for the ride while the head, neck and upper chest perform the crunch.

IMAGERY

Visualize a candle on your belly button. Curl up the head & neck and when the chin touches the chest – blow out the candle.

BENEFITS

The CRUNCH tones the upper part of the rectus abdominis - the main stomach muscle. The RA runs up and down starting from the sternum bone at the top all the way down to the pubis bone at the bottom.

The Rectus Abdominis is responsible for protecting the lumbar spine.