

EXERCISE

Bosu Crunch

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called Bosu Crunch. The main muscles worked here are the abdominals.

Once your client is ready to go, ask them to slide their hips forward so that their lower back and hips are on the lower part of the Bosu, placing their hands onto the knees. From here, you're going to ask the client to lift through their chest and then place the hands onto the shoulders.

Keeping the lower back and hips in contact, lower them down into position - brief pause at the bottom - and then drive into the small of the back as you crunch to the top.

It's a really good exercise to get the abdominals through a range of motion that stretches and then contracts, maintaining consistent speed and tempo.

Coaching points that you might want to observe. Make sure the client is breathing continuously throughout and that particularly as they start to tire, they don't change the speed or tempo. Another position that you can try if they're starting to feel too much strain through the neck – the hands can go to the side or the back of the head. Last one for me. Dom. And relax there. Bringing your hands back to your knees and to an upright position.

Give it a go.

Main Muscles Involved

- Abdominals

