

EXERCISE 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 a Crunch. We're focusing our efforts on the trunk of the body working the abdominals.

So once your client is in a lying position, feet and heels drawn towards them, they're going to place their hands onto the sides and the back of their head. The hands here are just to support the head rather than actually pulling their head into position.

Once the client is ready, we're going to ask them to gently press the small of the back towards the floor. This just tilts the pelvis slightly to the body and shortens the abdominals.

Once we're ready, we're going to ask them to take a nice big breath out as they lift their upper back and shoulders off the floor. Brief pause at the top and then slowly lower back down to the floor. Completely rest at the bottom before coming back up into the next rep.

Important things to note: make sure that the head position stays the same throughout. We're not trying to draw the head into the chest, we're trying to keep the chin and the chest gap the same – so, like a fist-width distance.

Once the client is ready to finish, they'll lower their upper back and then relax their hands down by their sides.



Main Muscles Involved

- Abdominals

