

## *Crunches knees bent:*

### Starting Position

Lie on your back with your knees bent and feet flat on the floor. Place your hands behind your head with the elbows out to the sides and pull your ABs tightly inward.

Pulling with the upper ABs, curl up and forward, raising your shoulders blades off the floor. Pause at the top and lower your shoulders so that they slightly touch the ground and repeat.