

Bicycle Crunch

This Crunch variation really consolidates your core's power and resilience. Not only is it a great workout for your abdomen, but you'll feel and see the difference in your thighs, too.

HOW TO DO IT

- Bring your hands behind your head, lifting your legs off the floor so that your thighs are perpendicular to the floor and your shins are parallel to the floor.

- Roll up with your torso, reaching your right elbow to your left knee and extending your right leg in front of you. Imagine pulling your shoulder blades off the floor and twisting from your ribs and obliques.

- Repeat on the opposite side. Alternate sides for the recommended repetitions.

DO IT RIGHT

- Keep your neck stretched out and your chin away from your chest.
- Keep your hips stable on the floor.
- Avoid pulling with your hands, bringing your chin toward your chest, or arching your back.
- Avoid moving your active elbow faster than your shoulder.



MODIFICATION

EASIER: Begin with both feet on the floor. Place the outside of your left foot on top of your right thigh near your knee. Reach your right elbow toward the knee of your raised leg. Repeat for the recommended repetitions. Repeat on the opposite side.



FACT FILE

TARGETS

- Abdominals
- Thighs

EQUIPMENT

- None

BENEFITS

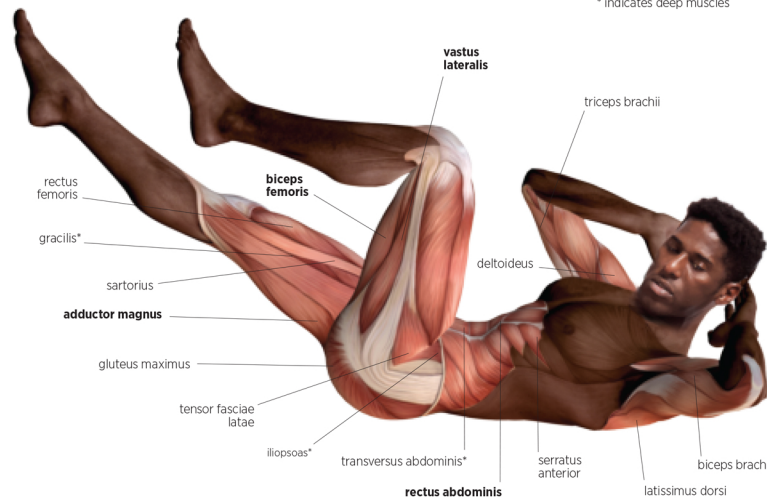
- Stabilizes core
- Strengthens abdominals

CAUTIONS

- Neck issues
- Lower-back pain

Annotation Key

Bold text indicates target muscles
 Light text indicates other working muscles
 * indicates deep muscles

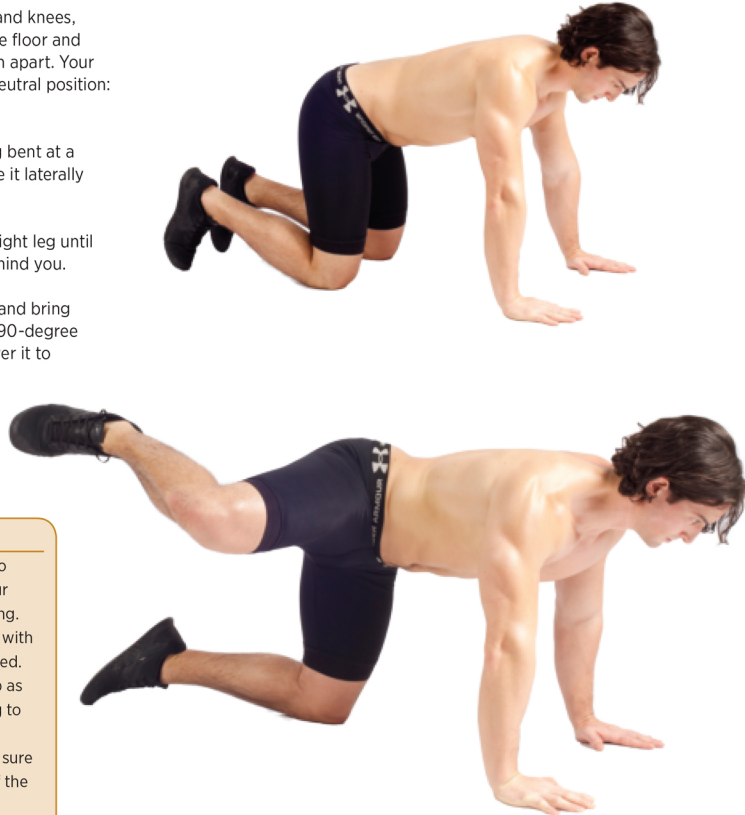


Fire-Hydrant In-Out

Fire Hydrant In-Out is a hardworking core-stabilizing exercise, as well as a great abdominal strengthener. It targets your glutes, with assistance from your abdominal muscles. It also powers up your inner thighs and hamstrings.

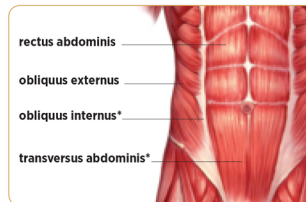
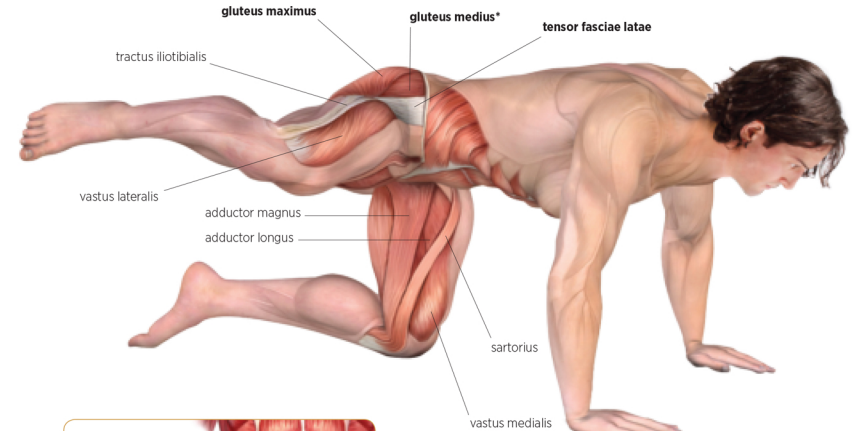
HOW TO DO IT

- Begin on your hands and knees, with your palms on the floor and spaced shoulder-width apart. Your spine should be in a neutral position: straight but relaxed.
- Keeping your right leg bent at a 90-degree angle, raise it laterally (to the side).
- Now straighten your right leg until it is fully extended behind you.
- Bend your right knee and bring your leg back into its 90-degree position, and then lower it to meet your left leg. Repeat for the recommended repetitions. Repeat on the opposite side.



DO IT RIGHT

- Press your hands into the floor to keep your shoulders from sinking.
- Squeeze your glutes with your leg fully extended.
- Avoid lifting your hip as you lift your bent leg to the side.
- Avoid rushing; make sure you feel each part of the repetition.



Annotation Key

Bold text indicates target muscles
Light text indicates other working muscles
* indicates deep muscles

FACT FILE

TARGETS

- Core
- Abdominals
- Glutes

EQUIPMENT

- None

BENEFITS

- Stabilizes pelvis
- Strengthens glutes

CAUTIONS

- Wrist pain
- Knee issues