

Bicycle Crunch



- Lie on the floor with your legs bent, holding both feet slightly off of the floor
- Place your hands on your ears, not behind your neck
- Tighten your abdominal muscles throughout the exercise
- Curl up, raising your shoulders off the floor, angling your right elbow toward your left knee
- Return to the start position, but don't rest at the bottom
- Curl up, raising your shoulders off the floor, angling your left elbow toward your right knee, completing one repetition; repeat
- The motion of your legs is similar to riding a bicycle, keep a smooth steady speed and don't jerk your body

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
