

SEPTEMBER EXERCISE OF THE MONTH

Brought to you by FitRec Personal Trainers

Reverse Crunch

Muscles trained: Lower abdominals, quadriceps, gluteals, hip adductors (with weight)

1



2



3



4



1. Lie on the ground or on a mat with your arms at your side. You can also sit on your hands if that is more comfortable.
2. Have your knees bent about 45 degrees.
3. Lift your legs slowly while maintaining the 45-90 degree bend in the knees. Lift until your shins are parallel to the floor. Make sure to keep your butt on the ground through the duration of this exercise.
4. Once your shins are parallel to the ground slowly lower your feet back down to the ground, making sure that there is a bend in the knees.
5. To make this exercise more challenging, add a neoprene dumbbell in between your knees. Squeeze your knees together while holding the weight with your hands and perform the same steps as if you were doing the exercise normally.
6. Perform 12-15 repetitions.

Exercise Provided by: Josh Szopinski, FitRec Personal Trainer,
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For more information on Personal Training, please contact Personal Training Services at (708) 608-4496.

Please consult your doctor before attempting this exercise. If while performing this exercise, you feel pain or discomfort, then stop immediately and consult your doctor.



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