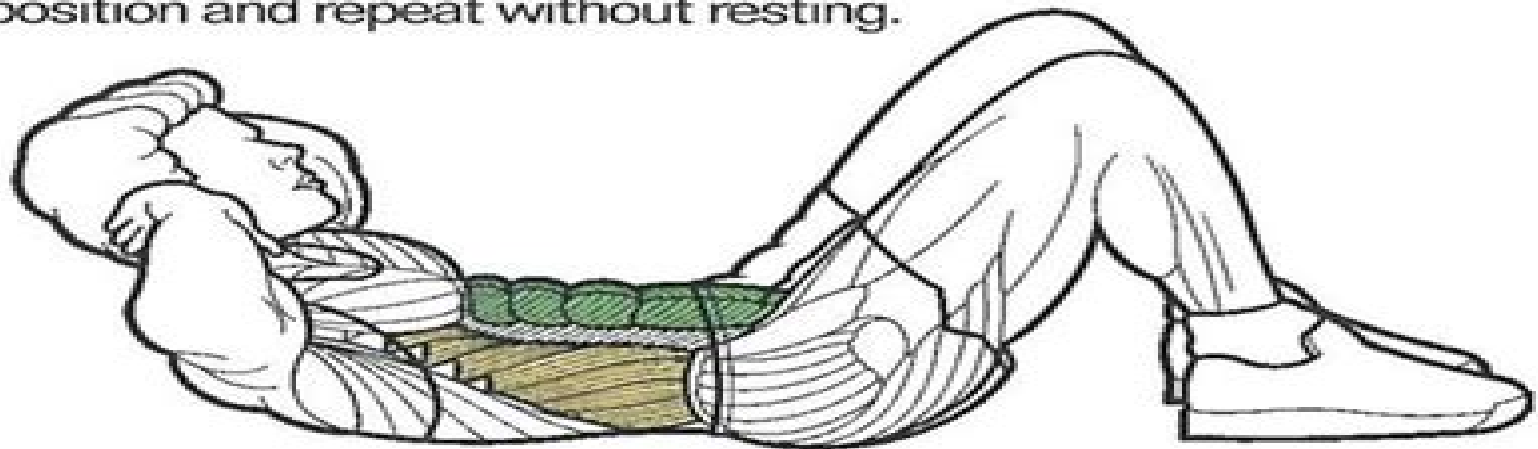


# CRUNCH

1. Lie on your back, knees bent, feet flat on the floor, and your hands placed behind your head.
2. Using only your abdominal strength, slowly curl your upper torso and shoulder blades off the floor. (Do not curl up too high.)



3. Slowly return to the starting position and repeat without resting.



# How To Do Crunches

**RM Cervero**



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