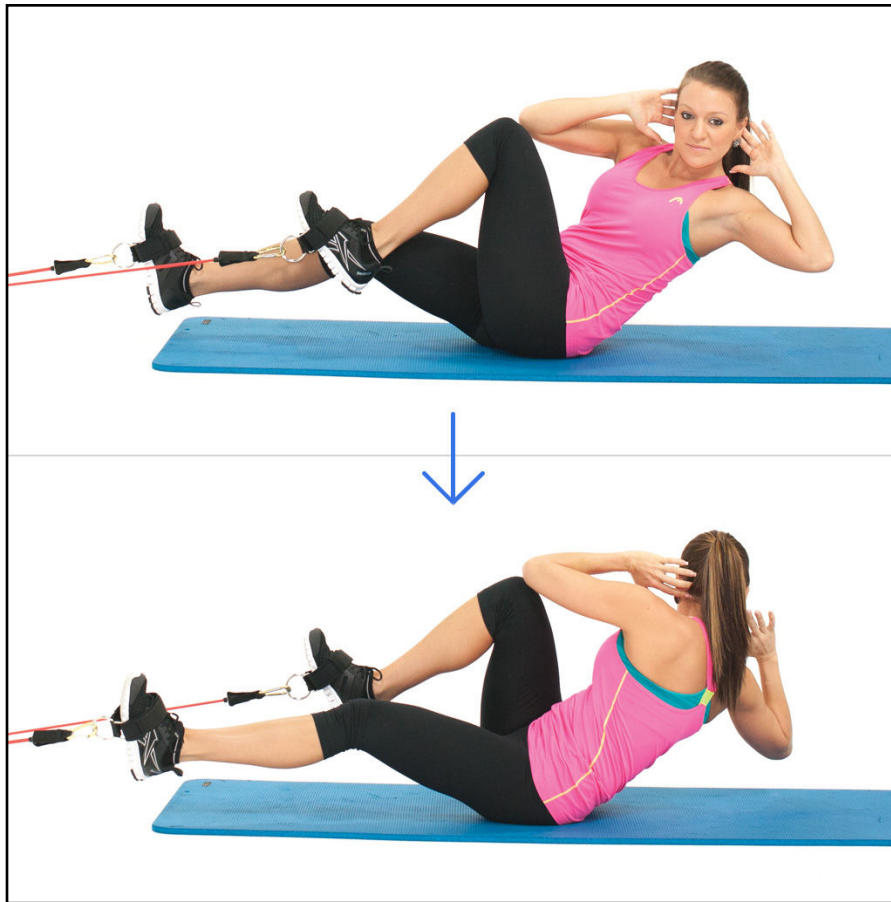


Bicycle Abs Crunches With Bands

Area Targeted: Side/Middle Abs & Hip Flexor



INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at the bottom of the door. Wrap the band through the door anchor a second time to make a loop. Pull the loop tight (this will prevent the band from becoming damaged).

Bands: Attach each end of the band to an ankle strap.

Body Positioning: Attach an ankle strap around the bottom of each foot (with the ring on the bottom of your foot), and lie on your back. Move far enough away from the door so that the band is beginning to stretch. Place your finger tips on the sides of your head, with your elbows flared out to the side. Now raise your shoulders and feet about 12 inches off the floor balancing on your buttocks.

MOVEMENT:

Pull one foot away from the door while you simultaneously twist your body and touch your active knee to the opposite elbow. Return to the starting position (controlling the resistance). Alternate sides & repeat.

POINTS TO REMEMBER:

1. Try to keep your body in a V-position with your shoulders up.
2. Do not pull your head forward with your hands