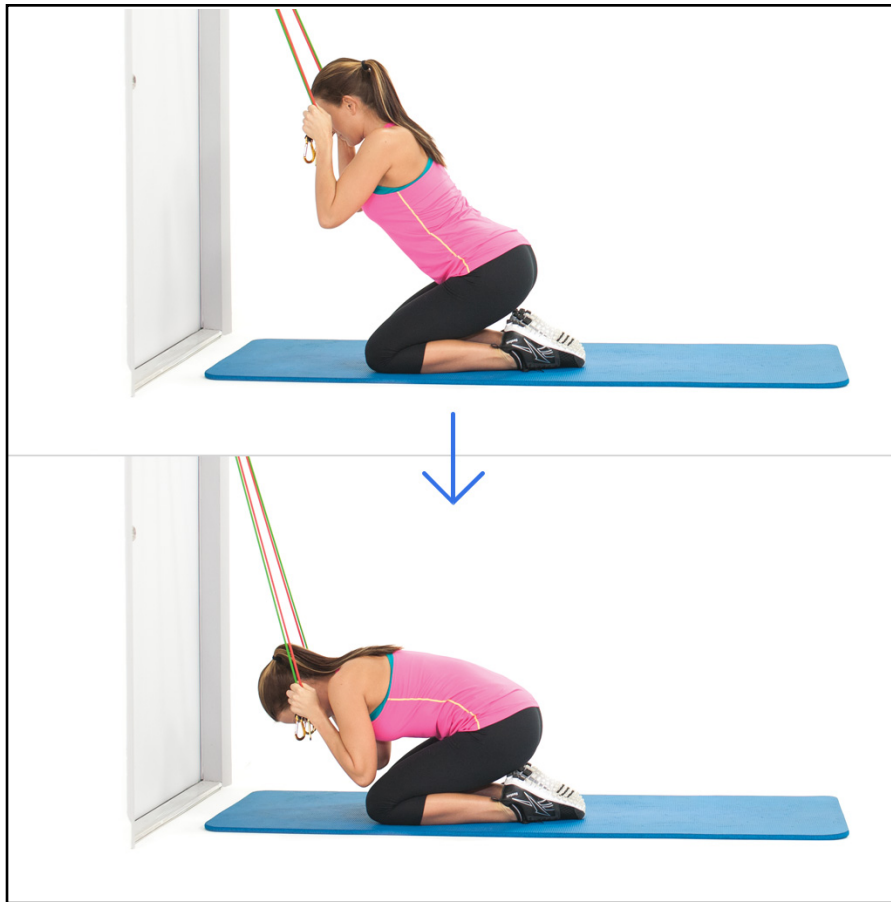


# Kneeling Abs Crunch 1 With Bands

Area Targeted: Middle Abs



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=imWlkp8w1l4>

## INSTRUCTIONS:

### SET UP:

**Anchor:** Secure the band(s) to the door with the door anchor at top of the door.

**Bands:** No set up required.

**Body Positioning:** Grip each side of the band, right above the clips or handles. Kneel down about 2 feet away from the door, facing the door. Hold your hands close to your forehead and position your arms so that your elbows are about 6 inches apart and facing down. Keep your knees bent with your buttocks touching your heels.

### MOVEMENT:

Crunch your body down and forward with your elbows moving towards the floor right in front of your knees.

### POINTS TO REMEMBER:

1. Keep your back straight and head straight.
2. Keep your elbows in about 12 inches apart.
3. Keep your buttocks down on your heels throughout the movement.
4. Exhale as you crunch.