

# Standing Abs Crunch With Bands

Area Targeted: Middle Abs



## INSTRUCTIONS:

### SET UP:

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

**Bands:** No adjustment required.

**Body Positioning:** Grip a side of the band(s) in each hand, and stand close to the door with your back to the door. Grip the band(s) high enough so that even while you are standing up straight, they are beginning to stretch.

### MOVEMENT:

Crunch your body down bringing your rib cage towards your pelvis. Return to the starting position. Repeat.

### POINTS TO REMEMBER:

1. Do not bend forward at your waist as you crunch down.
2. Exhale as you crunch down.