



## How many side to side crunches can you complete in 1 minute?



### Equipment Needed:

- Timer

### Rules:

- Step 1: Lie on your back on the floor. Bend your hips and knees so that your feet are flat on the floor. Have your arms next to your side with your hands pointing in towards your body.
- Step 2: Lift your shoulders off the ground, trying to get your shoulder blades completely off the ground. Be sure to keep your head in line with your back.
- Step 3: Reach your left arm down to your left ankle and hold for 1-2 seconds.
- Step 4: Go back to step 2.
- Step 5: Reach your right arm down to your right ankle and hold for 1-2 seconds.
- Step 6: Go back to step 2.
- Continue this side to side motion throughout the entire exercise.

### Modifications:

- This exercise can be done sitting in a chair.
- Step 1: Sit up tall with your spine straight, pressing your lower back against the back of your chair, and pull your belly button in toward your spine to engage your core muscles.
- Step 2: Let your arms hang next to your sides.
- Step 3: Pull your shoulders slightly forward keeping that lower back against the back of the chair.
- Step 4: Reach your left arm down to your left ankle and hold for 1-2 seconds.
- Step 5: Go back to step 2.
- Step 6: Reach your right arm down to your right ankle and hold for 1-2 seconds.
- Step 7: Go back to step 2.
- Continue this side to side motion throughout the entire exercise.

