



Full Body Crunches



Directions

1. Lie on your back on the ground.
2. Straighten your arms and legs. Raise them approximately one foot off the ground.
3. Simultaneously reach your hands toward your toes and bend your knees toward your chest to complete a crunch.

Fitness Level

Beginner	Intermediate	Advanced
<10 reps in 30 seconds	11-19 reps in 30 seconds	20+ reps in 30 seconds

Muscular Endurance
Task Cards

Copyright Goodheart-Willcox Co., Inc. May not be posted to a publicly accessible website.