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# INSTRUCTIONS

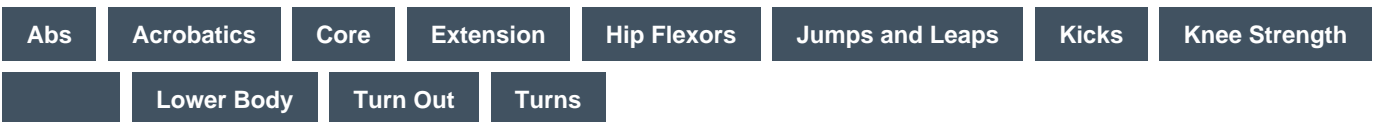
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## V-CROSS CRUNCH

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/v-cross-crunch/>



### Step::

- Begin sitting with knees together and resting on elbows placed behind you.
- Extend your legs in front of you.
- Drop one leg down while also crossing it toward the opposite leg.
- Lean back slightly as you drop this leg.
- Pull the leg back up to the starting position and repeat on the other side.

Repetitions:

Repeat 10 times on each leg.