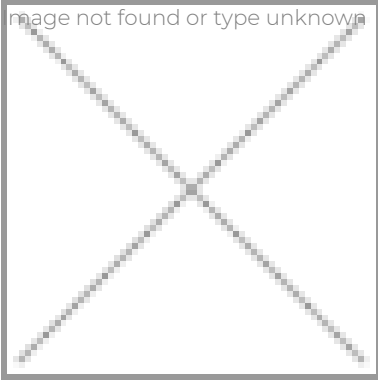


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INSTRUCTIONS

ADVANCED REVERSE CRUNCH

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/advanced-reverse-crunch/>

Abs

Core

Extension

Hip Flexors

Kicks

Turns



STEPS:

- Begin lying on your back with your arms by your side.
- Bring your knees in until your shins are parallel with the floor (create a 90 degree angle in the knees and hips).
- Push into your palms, and press your hips up towards the ceiling, lifting your low back a couple inches off the floor.
- Return your lower back to the floor and extend your legs straight out in front of you, keeping your feet together.
- Pull your feet in opposite directions (2-3 inches) and pulse twice.
- Bring your knees back in at 90 degrees and

Repeat 8 - 12 times

[+] Add a band around your ankles

[-] Keep your legs higher off the ground to reduce strain in the low back

NOTE: Make sure your dancers are not creating space (arching) in their low back. You can solve this by lifting your legs higher when you extend, straighten and pulse.