

Why Crunches Suck and What to Do Instead



Okay seriously, how many times have you heard the "I do 500 crunches in the morning and 500 more at night" thing?

Here's why this quantity can be reached:

- They're not being done with integrity.

There.

So, why DO crunches suck?

Simply because the abdominal wall & pelvic floor aren't being recruited fully, leaving you to do repetition after repetition and get more of a placebo effect, rather than actual work.

THAT'S WHY THEY SUCK—can you see my ponytail FLYIN in the air? Yeeeeeah-that's because I'm WRENCHING MY NECK everywhere instead of using the core musculature.

Look at my elbows—what the hell are they doing there? NOTHING!
Core work has ZERO to do with elbows.



AND THAT'S CRAP!

The simple: crunches are not core work.

What I have for you below WILL work, guaranteed, No B.S.

Exercise #1: Stability Ball Leg Pull

- Lie on back
- 2 legs on top of stability ball
- Raise one leg up to ceiling, hold it there
- Other leg remains on the stability ball
- Shoulders up, back & down
- Hands on sides of head (do NOT clasp fingers together)
- Keep elbows back
- Engage pelvic floor (pretend you're going pee, now stop going pee--did you feel the squeeze? THAT'S the pelvic floor)

The Movement:

- Part 1: Start by bending knee on stability ball toward you then straighten out the leg.

Repeat this 8 times slow and deliberate

- Part 2: Add in crunch by lifting shoulder blades off the floor AS YOU CONTINUE PART 1.

Repeat 8 times slow and deliberate

- Part 3: add in movement of leg (the one still up toward the ceiling) by bringing leg in toward the body AS YOU CONTINUE PART 2.

Repeat 15 repetitions PER SIDE slow and deliberate



Exercise #2: Reverse Crunch on Slant board

- Lie on back feet at the decline
- Grab handle or sides of pads
- Scoot all the way down so arms are straight
- Bend/pull knees toward chest
- Drop heels toward butt
- I call the above 2 bullet points "tight & tucked"

The Movement:

- Reverse crunch getting knees all the way to chest
- That means you're raising your butt off the slant board
- Do NOT touch or rest on the slant board when coming down

Repeat 10 reps





