

Reverse Crunches with Ceiling Kicks

[MUSIC PLAYING] We're going to be doing a reverse crunch with a ceiling kick. With a reverse crunch with a ceiling kick, your head, neck, and shoulders are going to be fully supported on the mat. They're not going to be up. They're going to be resting the whole time.

You can have your arms overhead, not touching the ground. I'll show you a modification with my arms on the ground. You're going to start with your knees bent, then you're going to bring your knees in toward your chest while you lift your hips and kick your feet straight up to the ceiling, the sky, or wherever you may be.

All right, guys. You're going to start on your back. Knees are going to be bent. Then you're going to crunch. You're going to bring your knees in, kick your feet up, slowly lower your heels to the ground.
