

Core workout with Sam Rodman from Cornish Pirates RFC



Abdominal Crunch



Explanation

Starting position

Lie down on your back with your knees bent
Feet should be hip width apart

Your hands can either be placed on your thighs or you can have them crossed on your shoulders

Performing the movement

Inhale and contract your abdominal muscles, this will lift your shoulder head and neck off the floor.

Go as far as you can possibly go, till your fingertips touch your knee caps if you placed your hands on your thighs in the starting position

Finishing the movement

When at the top exhale and lower your upper body down in a controlled manner till in the starting position

Sam's advice would be to complete the suggested repetitions below in line with your fitness level and how you feel.

Make sure you rest for 1 minute to 90 seconds between each set of exercises.

Beginners – 10 reps for 3 Sets

Intermediate – 20 reps for 3 Sets

Expert – 30 reps for 3 Sets

