

Core workout with Sam Rodman from Cornish Pirates RFC



Tuck Crunch



Explanation

Starting position	Performing the movement	Finishing the movement
<p>Lie on your back Have your knees bent with your feet in the air, knee bend at about 90 degrees</p> <p>Your calves should be parallel to the floor</p> <p>Hands behind the head finger interlocked</p>	<p>Exhale while lifting your shoulders/torso off the floor Contract the abdominal muscles</p>	<p>Once at the top of your range lower yourself backdown in a controlled manner to the start position</p>

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

