



Oblique Curl-Ups

Purpose:

This exercise increases strength in the oblique abdominals.

Benefit:

Increased strength in the oblique abdominals increases stability and balance.

Instructions:

Start by lying flat on your back with your arms behind your head, your knees bent, and your feet flat on the ground. Try to perform a diagonal crunch by bringing your right elbow up to meet your left knee. Try to curl up each segment of your spine one at a time, starting with your neck. Repeat on the other side.

Quantity:

_____ reps _____ sets

