

# Full Crunch



1. Lie flat on your back, with both your legs fully extended.
2. Place your arms across your chest, or put your hands behind your head to support your head.
3. Lift your upper body off the ground, **sitting up as far as possible**.
4. **Slowly** lower back down to the ground.

Repeat for \_\_\_ repetitions and \_\_\_ total sets.

Scan the QR code to watch a video demonstration of this exercise.



Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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