

TRY THIS

V-up instead of abdominal crunches

Dr. Levi Harrison ('The Art of Fitness Cardio Core Workout') demonstrates working up to the V-up abdominal exercise.

Email | Tweet 0 | Recommend 5 | Pinterest 1 | g+ 3



Try This: V-up instead of abdominal crunches
Dr. Levi Harrison ("The Art of Fitness Cardio Core Workout" DVD) demonstrates working up ...

By Melinda Fulmer
5:00 p.m. CST, February 28, 2014

Forget crunches. The V-up takes your abdominal workout to the next level. Orthopedist and fitness trainer Dr. Levi Harrison, who produced a DVD, "The Art of Fitness Cardio Core Workout," shows how to work up to this advanced move in stages so you don't strain your lower back.

What it does

This intense move challenges all of the muscles in your core — front to back.

What to do

Start by lying down flat with your legs long, abdominals tucked in and back pressed into the floor. Extend your arms behind your head on the floor.

In one fluid motion, bring your arms and legs up like a jackknife, reaching your hands between your legs and just past them. Lower your arms and legs to start. Repeat.

Beginners should work up to this move, by first bending your knees slightly on the mat and reaching your outstretched arms to your knees in a sit-up.

Once you have mastered the sit-up, try raising your legs from the floor into a tabletop position above the ground at the same time you bring your arms in to touch your knees.

VIDEO



Raw: President Obama Arrives in...



NCAA Sweet 16 Matchups All Set



Snow on radar next week: Forecast

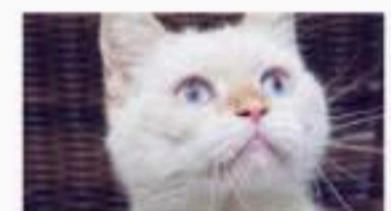


Walter Payton College Prep Hold...

PHOTO GALLERIES



Fatal mudslide



Pets in need of homes



Notable deaths



Mugs in the news

BRAND PUBLISHING This is sponsored content.



MONEY SMART WEEK
Learn ways to manage money and become financially literate



HOPE FOR RECOVERY
Challenges continue for recovering