

## TRANSFORM FLAB TO ABS

### Reverse Crunch

Define the lower portion of the rectus abdominals (your six-pack muscle) with a reverse crunch, complete the move on the floor or hop on a bench. Being on a bench will allow more range of motion.

Lie face up on the edge of a bench or on the floor. Keeping your abs drawn in, roll your pelvis off the bench and, maintaining the same knee angle, bring your knees towards your chest. Slowly lower. As soon as your back begins to arch on the way down, that's the end of your range of motion. Pause at this point for a few seconds before finishing your set. Aim for five sets of 15 to 20 repetitions.

