

# FreeMotion Abdominal Exercises

Standing Two Arm Abdominal Crunch

TRADITIONAL



Standing Two Arm Abdominal Crunch with Rotation

PROGRESSIONS



Standing One Arm Abdominal Crunch with Rotation



Single Leg Two Arm Abdominal Crunch



Single Leg One Arm Abdominal Crunch with Rotation



# FreeMotion Abdominal Exercises

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Split Stance Back Off Pad Two Arm Abdominal Crunch

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Single Leg Back Off Pad Two Arm Abdominal Crunch

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Single Leg Back Off Pad Two Arm Abdominal Crunch with Rotation

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