

## **Reverse crunch - legs spread**

**Level: challenging**

Begin by lying on your back. Bring your knees into your chest and extend your legs up towards the ceiling and spread them wide. Extend your arms straight up towards the sky with your palms touching. As you inhale curl your tailbone upwards. As you exhale and lift your head and chest and press your belly button towards your spine. Reach through your arms and hands. Hold for 3–5 seconds and release. Repeat 3–5 times.

