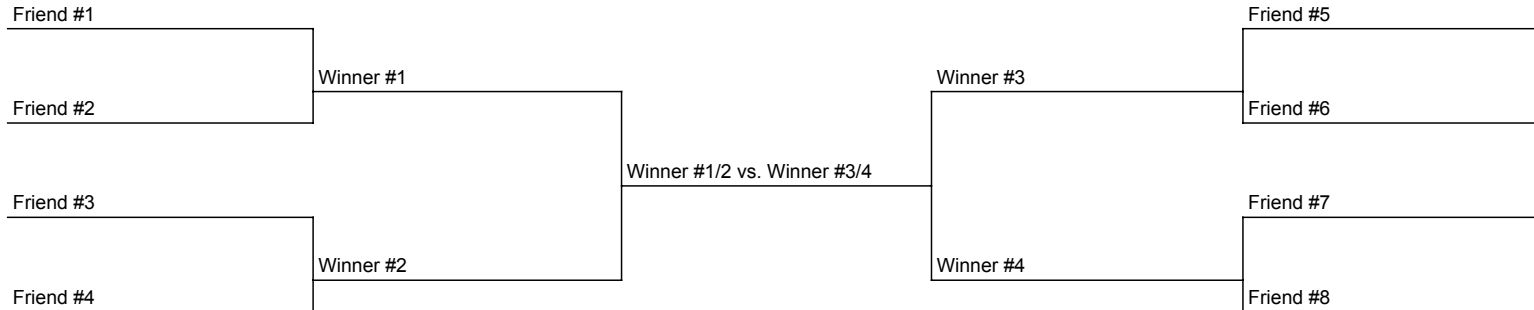




Day 3 - Crunches



Challenge

Pick 3 times each day to complete the challenges.
 At the end of the week, you will have an overall champion (person with the most wins).
 Make changes and modifications based on ages and abilities.
 Change of who is in the bracket or create your own challenges.
 Visit the Healthy Active Arkansas Facebook page and website for videos.
#KeepMovingAR
 If completing challenge by yourself, see if you can do 3-5 more crunches each day.

Instructions

1. Recommended to use a mat or perform on carpet.
 2. Lie down on the floor facing up. Place feet flat on the floor a comfortable distance from your buttocks.
 3. Place your hands on each thigh.
 4. Inhale and as you exhale, crunch up until your fingers are on knees.
 5. Inhale as you are coming down and exhale up again.
- You can put your hands lightly on the side of your head for support but avoid pulling.

Follow this link for a video demonstration: <https://youtu.be/EmASf2aMFuc>