V-Sit on Bench

This is an advanced variation of an abdominal crunch. Beginners may want to practice this exercise on the floor.

Sit on the front edge of a very sturdy bench as shown. Lean back so your legs and torso are parallel to the floor. Keep your neck in alignment with your spine. Grasp the front edge of the bench lightly with your fingers.

In one fluid motion, exhale and lift your torso and legs into a “V” position as shown. Pause briefly. Inhale and slowly return to the starting position.