

TASK ANALYSIS
Crunches

SKILL: Crunches

VISUAL DESCRIPTION: The performer will lie flat on his/her back with knees bent and flat on the floor. Hold your hands on your chest or behind your head. The typical crunch is taught by simply rolling your upper torso forward. This is the simplest and most common exercise for the Rectus abdominus as well as intercostals.

MOVEMENT SEQUENCE

VERBAL CUES

- 1. Lie down flat on your back with your knees bent***
- 2. Hold your hands on your chest or behind your head**
- 3. Roll your upper torso forward**
- 4. Push your chest and head towards the ceiling***
- 5. Push you lower back flat onto the floor***
- 6. Hold at the top of the movement and contract***
- 7. Repeat movement**

- 1. back to floor***
- 2. hands on chest or head**
- 3. roll forward**
- 4. chest (h) toward ceiling***
- 5. push back to floor***
- 6. hold and contract***
- 7. repeat**

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Beginner / Intermediate

SKILL: Serial

ENVIRONMENT: Closed

CHECKLIST:

Student	Back to floor	Chest toward ceiling	Push back to floor	Hold and contract
1				
2				
3				
4				