



## Assisted Crunch

### Purpose:

This exercise improves your ankle dorsiflexion with trunk stability

### Benefit:

Improved dorsiflexion improves deep squat mechanics which reduces early hip extension.

### Instructions:

The handles are placed at the high point of attachment. The middle of the band is looped around the back. Hold the foam handles and keep your hands relaxed, then perform a crunch. Just before initiating the movement, tuck chin to chest and then come up. Keep arms straight during the entire range of movement, and then lower yourself back down. Squeeze a towel roll through the entire movement. For more assistance, slide further away from the point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

### Quantity:

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

