

THE **DEATH** OF **CRUNCHES & SITUPS**



Get **POWERFUL SIX PACK ABS** Without
Ever Doing Crunches or Sit Ups Again

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The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

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**“The World’s Top Strength & Conditioning Circles
Abandoned Sit-Ups & Crunches a Decade Ago...
...Establishing a More Intelligent & Effective Way
for their Athletes to Develop Powerful 6-Pack Abs!”**

**Wanna Know the
BEST Part?
By Ditching These
Outdated Exercises
They Didn’t Have
to Resort to Crazy
Impractical Diets or
Endure Pointless Wear
& Tear on Their Million
Dollar Spines to Get
Their Abs to Show
and Perform.**



**From the messy desk of Mike Westerdal, CPT, RKC
Clearwater, FL**



The sit-up or more specifically the “crunch” has been an exercise staple since the 1940s recommended by late night TV commercials, magazines and wanna-be fitness gurus at the gym.

For nearly as long the REAL fitness experts have been saying...”No, no no the crunch is not the best way to build a strong athletic well defined mid-section and can in fact be harmful.”

Here are the Top 3 Reasons Strength & Conditioning Coaches in the United States Have Abandoned the Sit-Up or Crunch Long Ago & Why You Should Too.



REASON #1: Crunches Only Work the Surface Muscles, Not The Deeper Core Muscles

This is a problem for two reasons. First, this creates an imbalance between weak and strong muscles with the most **important muscles—the inner ones—being overlooked**. And while the outer muscles may look good, they do nothing to protect the stability or integrity of the spinal column. Additionally, strong outer muscles covering weak core muscles provide a false sense of security, significantly increasing the risk of back injury.

Secondly, our bodies are designed to work “most effectively” as a single unit of strength and power.



It is ALWAYS in our best interest to challenge our abdominal muscles with larger, more strenuous movements, minimizing our time with isolation exercises, resulting in the desired outcome...a chiseled and hardened exterior.

This type of approach, also known as working the chain, demands our network of ab muscles to generate far more power, burning more calories and creating a true balance of strength in all aspects of the abdominal wall.

The bonus is that you don't have to diet so hard to obtain that impressive midsection. The most important requirement is consistency and forcing your abs to respond by fully engaging and developing all the muscles of your core at once, instead of just a few some of the time.

REASON #2: Nerve Damage is Another Potential Problem

Nerve damage is another potential consequence of too many crunches. The crunch movement puts an unhealthy strain on the back right at its weakest point, which coincidentally is the section that contains the most nerves.



Damage to this weak area of the spine can result in serious, chronic pain that can last a lifetime and inhibit mobility and flexibility.



REASON #3: They Put Wear & Tear on The Spine and Neck

Lastly, crunches repeatedly flex and extend the spine, which is comprised of a series of interconnected discs. Much like any piece of complicated machinery, the spinal discs are subject to wear and tear—in other words, they are only able to support a certain number of bending motions over the course of a lifetime.

Subjecting the spinal discs to the excessive wear and tear of crunches can reduce the 'shelf life' of spinal discs and result in nerve damage, a disc bulge or disc herniation, all of which are difficult to treat.





They Haven't Worked In The Past – They Don't Work for You Now & They're Not Going To Work in the Future!

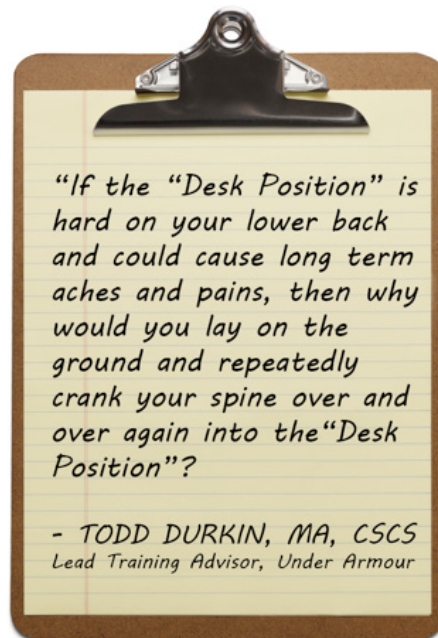
It's Time to **STOP** Doing **Crunches & Sit-Ups**

The majority of us sit in the “crunched” forward position all day long. Driving to work. Sitting at our desks. Meetings, Meals and Watching TV on the couch. It's nuts how much we sit.

Please don't add to it at the gym by mimicking the exact same position you've just spent hours upon hours in when training abs.

Instead use exercises that strengthen both your inner and outer abs along with your entire core in a safe effective manner.

So now that you know crunches and sit-ups are NOT the answer to your problems, let's jump right in to 3 crunchless ab exercises you can do TODAY to help you get six pack abs.





The Top 3 Crunchless AB Exercises You Can Start Doing Today for Powerful 6-Pack Abs!

Crunchless Ab Exercise #1: Cable Woodchops



Rather than doing this in a standing position, you can have increased abdominal response by eliminating the legs as much as possible during trunk rotation. In addition to this, use a rope versus a D-ring so that the arms function independently and don't dominate the exercise. The spine be tall, abs tightened and the range of motion can be as much as 180 degrees from beginning to end. This can vary from one person to the next but remember to avoid leaning or overpowering the exercise with the arms.

The arms should remain very straight during the movement and what's extremely important is that the eyes track the hands the entire time. As in most sports movements, the vision encourages proper form. The arms will begin at a higher angle over the inside shoulder and end at a lower position outside of the hips.

[Here is a Link to The Video Version of The Exercise](#)



Crunchless Ab Exercise #2: Low Plank With Oblique Tuck



START



END

Begin by getting into a standard low plank position with your forearms and toes firmly rooted to the floor. The spine should be long and strong, head neutral, heels pressed together while the quads, glutes and abs are contracting hard. This would be considered a perfect low plank position.

Without turning or breaking form, you proceed to lift one leg bringing the knee towards the elbow of the same side. The tempo should be slow to start and as you gain confidence and strength you can increase your speed. Get as much range of motion as possible through the hips and return the leg to the starting position. Continue with 8-10 more reps and repeat this on the other side. For more advanced users, alternate the legs which creates more instability.

[Here is a Link to The Video Version of The Exercise](#)



Crunchless Ab Exercise #3: Hanging Single Leg Raise



Using an overhead pull up bar, grab it with a pronated or neutral grip and hang free. The upper mid back area should be contracted and tight to help support the weight and not place all of the burden on the shoulder area. A beginner level user should first try this exercise with both legs hanging straight and raising only ONE leg at a time. This does two things: It creates tension in the abdominals and puts less strain/stress on the lower back through the lift. As strength and ability improve, continue to a bent knee position and eventually progress to both legs in a straight position for the more advanced users.

Hanging perfectly still, slowly raise the single leg until it is parallel with the floor or as close to a 90 degree angle as possible relative to the torso. Both legs should remain straight throughout the lift and the body should not sway during the descent. Establishing control is what fires the abdominals the best until both legs are hanging vertically.

[Here is a Link to The Video Version of The Exercise](#)



For 27-More Crunchless Ab Exercises Just Like This - [Click Here](#)

Includes Step by Step Blueprint to Add Them to Any Workout!



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