

Bicycle Crunch



Good for training strength and endurance and a good alternative for those who love to 'feel the burn' of a sit-up or crunch type exercise – without wearing away at the discs in your lower back.



Set up by lying on your back with feet up, hands on the side of your head (not behind, so you don't get tempted to yank on your neck), and while your legs do a bicycle peddling movement, you bring your opposite elbow to your opposite knee in a 'rotational crunch' type of movement.

You'll feel these predominantly in the rectus abdominis (your six-pack), and the obliques, with some good cross patterning action for our brains to go with it, as we get that opposite shoulder and hip movement working in sync.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

Dr. Ralph has also put together a home care kit that includes a small foam roller, balance disc, and bands that we are offering at our cost of \$30.00 and at this time we are offering no contact drop off service for the kit.

We are currently back to seeing routine and maintenance patients. Please feel free to call 770.565.8151 if you have any questions about this exercise, our schedule, or our home care kit.