TherExcel's Top 5 Reasons to

STOP DOING CRUNCHES Today!

1) Crunches (aka sit-ups) are not functional. They only train one movement… crunches! There are very few functional movements that require training of the Rectus Abdominus (RA) in this way…if you are an athlete who uses both arms to make an overhead throw, it could be useful. But if you're not a soccer midfielder who needs to do throw-ins, then skip it! **STOP DOING CRUNCHES!**
2) Crunches train the Rectus Abdominus, which is a linear mover. What is a "linear mover", you ask? It is a muscle that only works in one plane…namely the sagittal plane. This controls your ability to bend forward and backward. We, however, live in a world where we move in 3 planes (transverse and frontal planes, too) all day long. If we play any sports that require rotation of your hips and spine (golf, tennis, baseball, football, etc.), we need to train our core muscles to work in all 3 plans to maximize our performance and minimize our risk of injury. **STOP DOING CRUNCHES!!**
3) The movement of performing a crunch transmits a compressive load throughout the spine…from your neck to your tailbone. This excessive load can result in faster degeneration of the joints, discs, and other tissues of our spines. We already have gravity compressing our spines all day long, let's not add to it if we don't have to! **STOP DOING CRUNCHES!!!**
4) When we contract the Rectus Abdominus ("Six Pack") muscles, we compress and hold down the Diaphragm. The Diaphragm is our most important breathing muscle…and it is also a spine and ribcage stabilizer. When we do crunches, we contract the RA, which makes us use our upper chest and neck muscles control our breathing. This is an inefficient way to breathe… We limit our oxygen intake, fatigue faster, and decrease our spine stability… Need I say more? **STOP DOING CRUNCHES!!!!**
5) When we do crunches, we strengthen our muscles that make us slouch when we are in sitting. We already sit enough…driving to work, sitting at work, driving home from work, eating meals, watching TV… We need to strengthen our muscles that resist gravity and hold us up straight, not the one that pulls us forward. **STOP DOING CRUNCHES!!**

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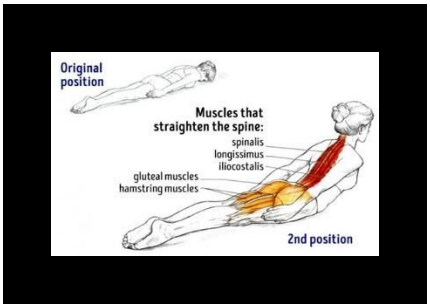

DO THIS INSTEAD!

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