

BICYCLE CRUNCHES: OBLIQUES, ABS & COORDINATION

Twist. Extend. Burn.

The Bicycle Crunch is a bodyweight core exercise that trains your rectus abdominis, obliques, and hip flexors with a dynamic, rotational movement. It enhances core definition, rotational power, and muscular endurance.

MOVEMENT SNAPSHOT

Exercise: Bicycle Crunch

Category: Core / Bodyweight / Anti-Rotation






Primary Focus: Obliques, Rectus Abdominis

Secondary Activation: Hip Flexors, Lower Abs

Best For: Shredding the midsection, rotation training, mobility

Equipment: None (Mat recommended)

PERFORMANCE CUES TO MASTER

-  “Elbow to opposite knee, not elbow to air.”
 -  “Straighten the leg fully on the extension.”
 -  “Control the twist — don’t rush.”
 -  “Lead with your shoulder, not your elbow.”
 -  “Stay off the ground with your upper back the entire time.”
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STEP-BY-STEP FORM GUIDE

1 Setup

- Lie flat on your back on a mat
- Hands behind your head (lightly, don't yank)
- Lift knees to tabletop (90° angle), feet off the floor
- Brace your core and lift your shoulder blades off the mat

The Crunch & Twist

- Extend one leg while bringing the opposite knee toward your chest
 - Simultaneously twist your torso, bringing the opposite elbow toward that knee
 - Think: right elbow toward left knee while right leg extends
 - Switch sides in a pedaling motion
 - Keep the rhythm controlled, not frantic
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BREATHING STRATEGY

- ♦ Exhale as you twist and crunch
 - ♦ Inhale as you return to the center and switch
 - ♦ Stay rhythmically synced to prevent gassing out early
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MIND-MUSCLE CONNECTION

Don't rush the movement — quality over speed.

Focus on initiating the twist from your abs and obliques, not your arms or neck.






Keep your core tight throughout to avoid swinging.

PROGRAMMING GUIDE

GOAL	REPS (per side)	SETS	TEMPO	REST
Core Control	10–12	3	2-0-2-0	30–45 sec
Endurance	15–20	3–4	Steady	20–30 sec
Burnout	30–60 sec	2–3	Non-stop	15–20 sec

Tip: For burnout, set a timer and go slow but non-stop with full range of motion.

COMMON MISTAKES

-  Pulling on the neck
 -  Rushing and bouncing reps
 -  Not fully extending legs
 -  Elbow flares (rather than shoulder rotation)
 -  Letting lower back lift off the ground
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WARM-UP & CORE ACTIVATION

- Deadbugs – 10 slow reps per side
 - Heel Taps – 10 reps per side
 - Cat-Cow + Pelvic Tilt – 6–8 rounds
 - Bird Dog Hold – 20 seconds per side
 - Posterior Pelvic Tilt Practice – To lock in your lower back
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VARIATIONS TO TRY

- **Slow-Mo Bicycle Crunches** → For control and endurance
- **Bicycle Crunch Holds** → Pause at the top of each crunch
- **Weighted Bicycle Crunch** (Light plate on chest)
- **Resistance Band Bicycle** (Anchor to feet)
- **Feet-Elevated Bicycle** (More core tension)

FORM CHECKLIST

-  **Controlled tempo, no swinging**
 -  **Full leg extension each rep**
 -  **Elbow leads with shoulder twist**
 -  **Core stays tight — no lumbar arch**
 -  **Breathing matches the rhythm**
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COACH'S BONUS TIP

“Want a next-level burn? Try pausing for 2 seconds at full contraction on each side.  Your abs will scream with gratitude.”

AFFIRMATION

“My core is my control center. I move with precision, power, and presence.”