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(0:55)- Crunches on "Flat" Setting (2:10)- Crunches on "Rolled" Setting (2:28)- Oblique Crunches (2:52)- Tie Touches (2:59)- Elbow To Knee Crunch Check out www.scotthermanfitness.com for more information and detailed exercises! Join the most supportive and fastest growing community on facebook! www.facebook.com Check out my Routines & Tips on the SEARS FitStudio page! :) www.fitstudio.com iPhone App! itunes.apple.com Bio-Engineered Supplements & Nutrition BSN www.bsnonline.net Check out my Meal Plan!: www.scotthermanfitness.com View TRX Pro Pack Here! tinyurl.com Follow me on Twitter! twitter.com

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