

Pilates abs crunch

Looking to tone your tummy? The standard crunch may not be your best bet. Find out how the Pilates roll-up exercise can sculpt your abs.

By the Editors of Fitness magazine

The [Pilates](#) roll-up is 30 percent more effective than [the standard crunch](#) when it comes to targeting the rectus abdominis (the "six-pack" muscle), say researchers at Auburn University in Montgomery, Alabama. Because the move challenges your [abs](#) through a fuller range of motion, it [recruits](#) more muscle fibers.



Try it:

[+ ENLARGE IMAGE](#)

Pilates Roll-Up

- Lie back with [legs](#) straight and arms extended above head next to ears.
- Bring arms forward, tilt chin down, and slowly curl [upper body](#) up, reaching hands to toes.
- Repeat 8 to 10 times three times a week.

Originally published in [Fitness](#) magazine, October 2005.