

FAST CRUNCHES

The influence of crunch speed on muscle recruitment



Original Research
Vera-Garcia, F.J., et al. Influence of trunk curl-up speed on muscular recruitment. *Journal of Strength and Conditioning Research* 22:684-690, 2008.

OUR PUBLISHER DOESN'T DO ANYTHING THAT COMPROMISES HIS STRENGTH OR POWER. THAT'S WHY EVERYTHING HE DOES IS BASED ON SCIENCE, AND THAT'S WHY HE DOES HIS CRUNCHES WITH WEIGHT—AND FAST.

Almost all athletes at some point incorporate crunches into their training routine. You can perform crunches in a wide variety of ways; each way is said to target your trunk muscles differently. Despite the numerous ways you can do a crunch, rarely do athletes vary the speed of their crunches. Since acceleration plays a role in the force that a muscle produces (and hence, the amount of muscle activation), it makes sense that varying the speed of a crunch may affect muscle activity. Not many studies have been done in this area, which led a group of Spanish researchers to investigate the effects of crunch speed on muscle activity.

Power Key: training speed, ab muscles, external oblique, muscle recruitment