CAPTAIN'S CHAIR WEIGHTED KNEE RAISES
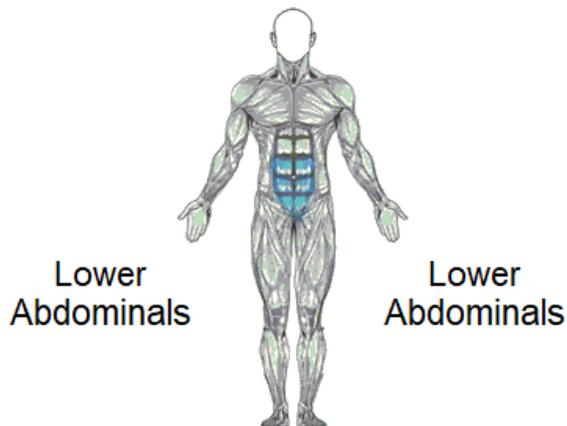

1. Climb up and position your body vertically on a **Chin Up / Dip Tower Station** so your forearms are resting on it's arm pads next to your torso while holding onto it's handles. Your arms should be bent at a 90-degree angle. Your torso should be straight and your back should be flat and pressed against it's back pad. Your legs should be fully extended and perpendicular to the floor while firmly holding a dumbbell between your feet. This will be your starting position.

2. Raise & pull your upper knees towards your midsection by contracting your lower abdominal muscles and hip flexors while carrying the dumbbell between your feet. Continue the motion until your knees are perpendicular to your torso and your upper thighs are parallel to the floor. Make sure not to swing your legs as you perform this exercise.

3. Return your legs back down to their starting position while keeping your lower abdominal muscles and hip flexors fully engaged and under constant tension.

4. Repeat this motion for the recommended amount of repetitions.

CAUTION: NEVER use a heavy set dumbbell when performing this exercise to avoid getting any abdominals, hips and/or lower back injury. STOP immediately if you felt any sharp pain in your midsection (abdominal muscles), hips and/or lower back while performing this exercise.

ALTERNATIVE EXERCISES: Bench Weighted Knee Raises / Decline Bench Reverse Crunches
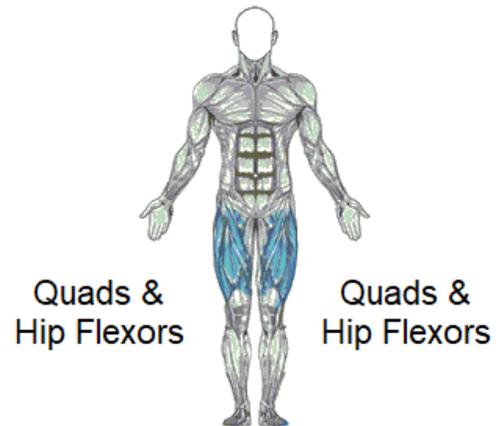
PRIMARY MUSCLE

Lower Abdominals   Lower Abdominals

A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

SECONDARY MUSCLE

Quads & Hip Flexors   Quads & Hip Flexors

A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.

 # YOUR_BEST_STARTS_HERE

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