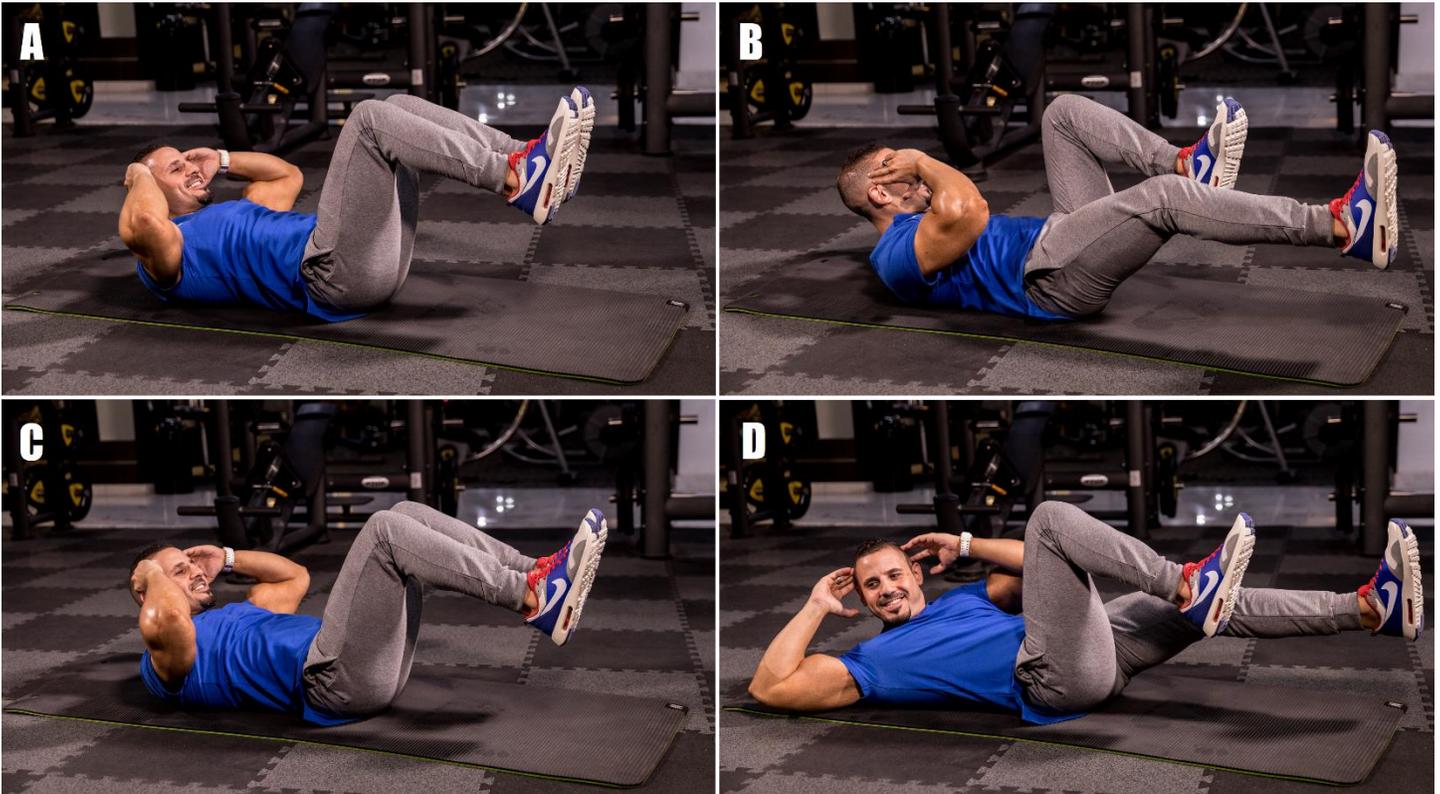


AIR BIKE



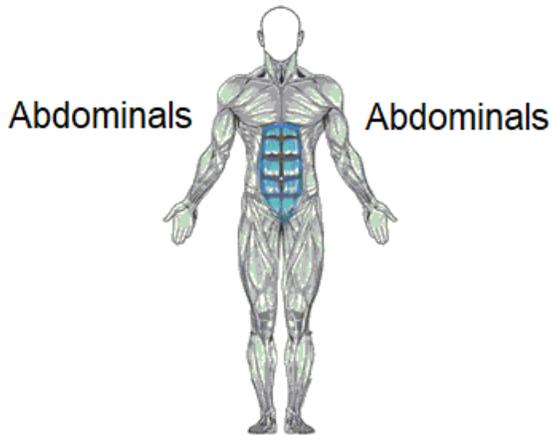
1. Lie flat on your back then get into an abdominal crunching position with your head elevated, hands placed lightly beside your head and elbows pointing up & forward. Bring your knees up so that they are almost perpendicular to the floor, with both your lower legs (calves) parallel to the floor. This will be your starting position.
2. Now engage your abdominal muscles & hip flexors to simultaneously go through a cycle pedal motion by kicking forward with your right leg while bringing in your left knee, and as you bring in your right elbow closer to your left knee by crunching to your left side.
3. Go back to your initial position.
4. Apply the same motion to your other side and that will be considered as a 'single repetition'.
5. Continue alternating in this manner until the recommended amount of repetitions for each side have been completed.

CAUTION: Be careful not to strain your neck as you perform this exercise, while mainly focusing on executing a slow and controlled movement to better engage your abdominal muscles as much as you can.

ALTERNATIVE EXERCISES: [Bench Crunches](#) / [Standing Cable Crunches](#)

AIR BIKE

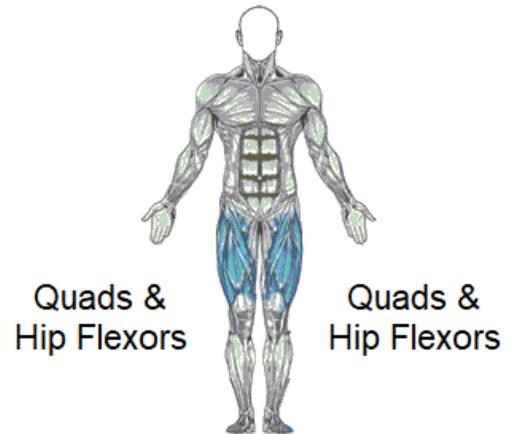
PRIMARY MUSCLE



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 **%60 - %70** when performing this exercise.

SECONDARY MUSCLE



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 **%30 - %40** when performing this exercise.



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