

KNEELING CABLE CRUNCHES



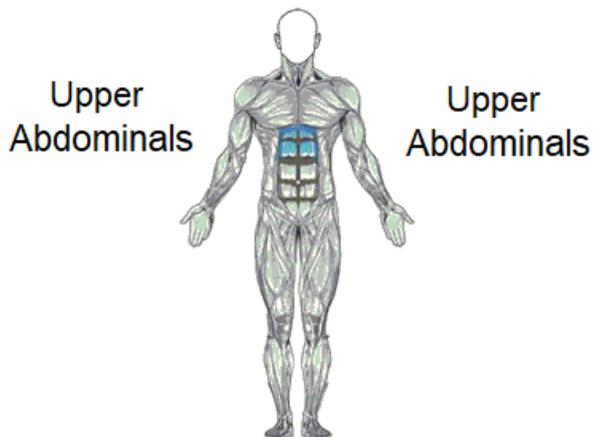
1. Attach a **Rope** to a high pulley machine or a cross cable machine then select your desired resistance to be used.
2. Kneel a couple of feet away from the pulley then grasp the two ends of the rope in a neutral grip, with the palms of your hands facing each other. Lower down the rope until your thumbs are right in front of your forehead with your elbows tucked in and parallel to each other. Lean slightly forward by bending at the hip/waist to allow the weight to hyperextend your lower back muscles just a bit before starting. Place your knees at about hips width apart. This will be your starting position.
3. While keeping your hips stationary (not moving), start contracting your abdominal muscles by crunching down with your torso so your elbows would start travelling down along with your arms holding the rope.
4. Slowly return the rope back up to it's starting position while keeping your abdominal muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.

CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any core (abdominals or lower back) injury. A proper adjusted weight setting that is not too heavy should have you mostly engage your abdominal muscles - as it should- instead of having you rely on your arms, shoulders and/or lats muscles to perform this exercise. Lower down the weight resistance if you felt that your abdominal muscles are not fully engaged as they should.

ALTERNATIVE EXERCISES: [Bench Crunches](#) / [Decline Bench Abdominal Crunches](#)

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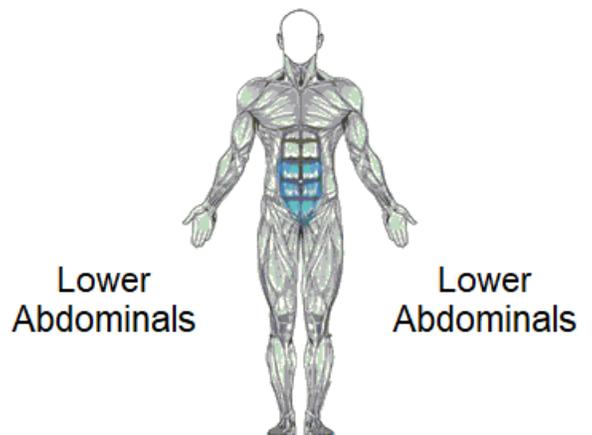
PRIMARY MUSCLE



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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