

CAPTAIN'S CHAIR KNEE RAISES



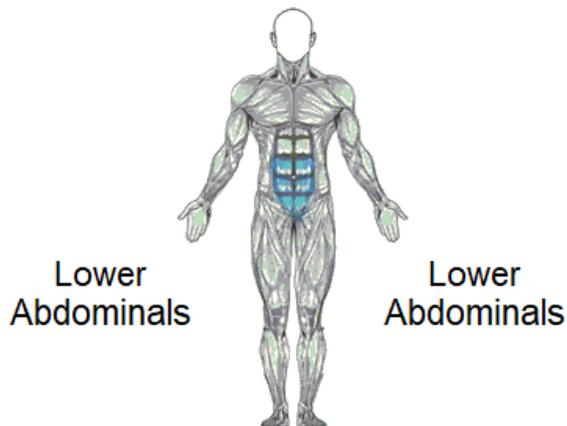
1. Climb up and position your body vertically on a **Chin Up / Dip Tower Station** so your forearms are resting on its arm pads next to your torso while holding onto its handles. Your arms should be bent at a 90-degree angle. Your torso should be straight and your back should be flat and pressed against its back pad. Your legs should be fully extended and perpendicular to the floor. This will be your starting position.
2. Raise & pull your knees towards your midsection by contracting your lower abdominal muscles and hip flexors. 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 while performing 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: 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 Knee Raises](#) / [Decline Bench Reverse Crunches](#)

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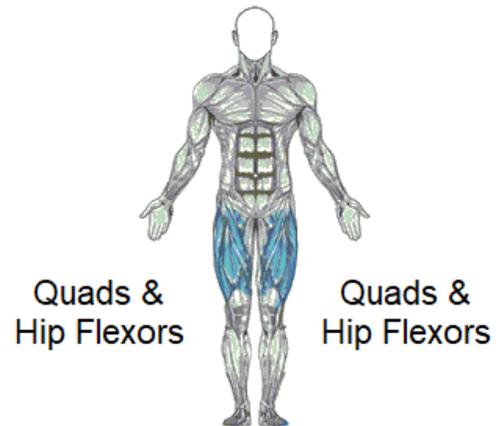
PRIMARY MUSCLE



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 **%80 - %90** 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 **%20 - %10** when performing this exercise.



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