

BENCH CRUNCHES



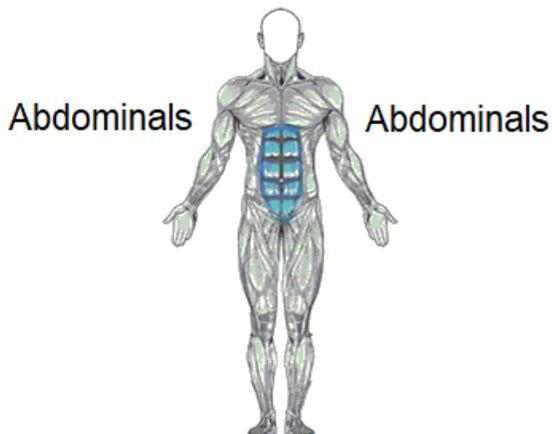
1. Sit on the side of a flat stable bench with your legs stretched out in front of you, and your heels held slightly above floor level, while holding tight on to the outside edge of the bench. Your torso should be leaning backwards at about a 45-degree angle from the bench. This will be your starting position.
2. Bring your knees in and towards your midsection while moving your torso closer to your knees as you contract your abdominal muscles as hard as you can.
3. Slowly return your legs down and your torso back to their starting position, while keeping your abdominal muscles 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 core (abdominals or lower back) muscles while performing this exercise. Make sure to use a very stable flat bench when performing this exercise.

ALTERNATIVE EXERCISES: [Kneeling Cable Crunches](#) / [Air Bike](#)

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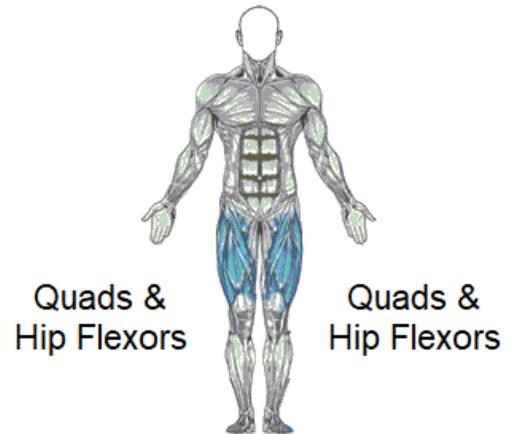
PRIMARY MUSCLE



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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