

BENCH LEG LIFTS



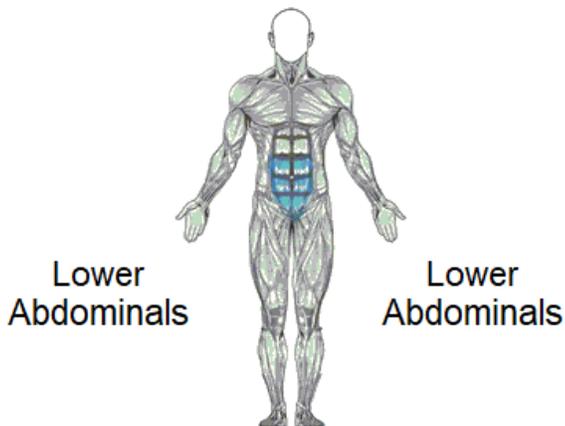
1. Lie flat on your back on a stable/flat bench with your legs fully extended and your hands holding firm onto the bench seat from both sides. This will be your starting position.
2. Lift & pull your legs all the way up towards your midsection by contracting your lower abdominal muscles and hip flexors, while keeping your legs fully extended with a slight bent at the knees. Continue the motion until your legs are perpendicular to the floor.
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. Make sure to keep your torso and your arms stationary on the bench throughout the entire movement.
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: [Captain's Chair Leg Lifts](#) / [Decline Bench Reverse Crunches](#)

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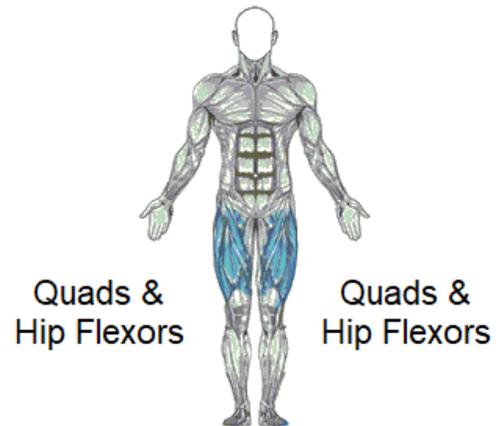
PRIMARY MUSCLE



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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