

# DECLINE BENCH ABDOMINAL CRUNCHES (DUMBBELL)



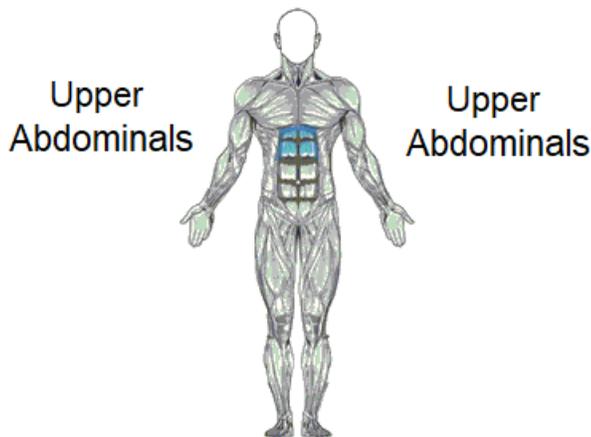
1. Secure your legs at the end of a decline bench as you lay down while slightly raising your torso off the bench by 30-45 degrees from the floor. Keep both your arms fully extended right in front of you while holding a single dumbbell from both sides, with the palms of your hands facing inwards and your head facing forward. This will be your starting position.
2. Slowly raise your torso up and crunch forward by contracting your upper abdominal muscles as hard as you can while simultaneously raising your fully extended arms carrying the weight and going up with your torso. Continue to go up until your torso is almost perpendicular to the floor.
3. Slowly lower down your torso back to it's starting position while keeping your upper abdominal muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

**CAUTION:** NEVER use a heavy set dumbbell when performing this exercise to avoid getting any core (abdominals or lower Back), hips and/or shoulders injury. STOP immediately if you felt any sharp pain in your midsection (abdominal muscles), hips and/or lower back while performing this exercise. Mainly focus on executing a slow and controlled movement to gain the best out of this exercise. It is normal for you to feel your hip flexors & quads muscles also getting slightly engaged while performing this exercise. It is also normal for you to feel a slight burn in your shoulders muscles due to the effort being done to keep the weight held up the entire time while performing this exercise.

**ALTERNATIVE EXERCISES:** [Decline Bench Abdominal Crunches \(Plate\)](#) / [Kneeling Cable Crunches](#)

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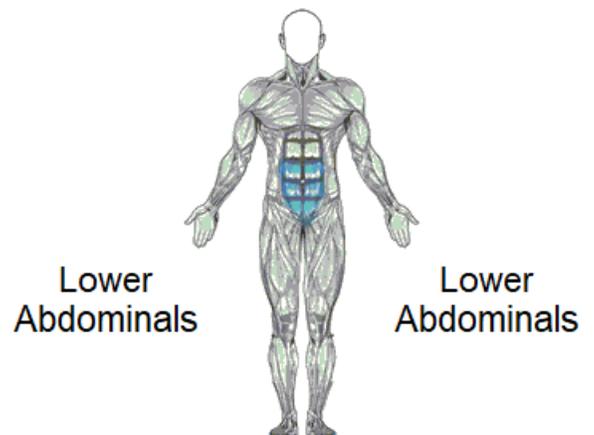
## PRIMARY MUSCLE



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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