

# BENCH WEIGHTED KNEE RAISES



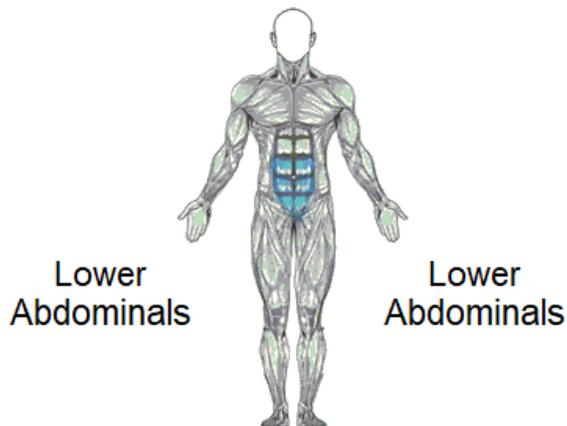
1. Lie flat on your back on a stable/flat bench with your legs fully extended while keeping a slight bent at the knees and while holding a 'light' dumbbell firm between your feet, and with your hands holding firm onto the bench seat from both sides. This will be your starting position.
2. Raise & pull your knees towards your midsection by contracting your lower abdominal muscles and your hip flexors while carrying the weight between your feet. Continue the motion until your knees are past being perpendicular to the floor and your lower legs (calves) are parallel 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:** NEVER use a heavy set dumbbell when performing this exercise to avoid getting any abdominals, hips and/or lower back injury. 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 Weighted Knee Raises](#) / [Decline Bench Reverse Crunches](#)

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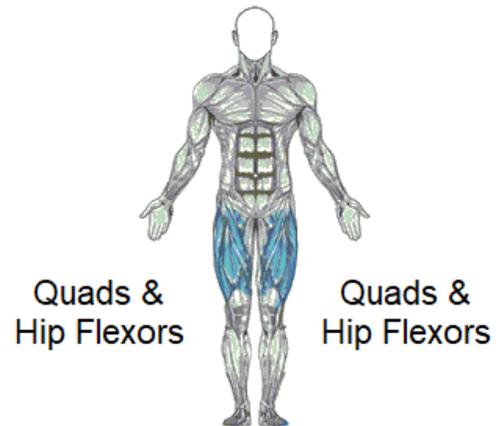
## PRIMARY MUSCLE



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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