

Fitness Focus!

ATLANTIS DUAL SEATED CRUNCH

How to:

1. Sit on the ab machine and adjust the lever to your height. Select the desired amount of weight on the cables.
2. Then, grab the handles and crunch forward, pulling down on the handles AND lifting your knees, while contracting your abs. Exhale during this portion of the exercise.



3. Now, slowly lower your knees and lift your torso back up until it's erect.
4. Repeat for the desired number of reps.

- The machine seated crunch works the rectus abdominal primarily and the obliques secondarily.
- Start with a light weight to warm up your core and then gradually increase the weight for your working sets.
- If you're a beginner, don't worry about weight used, as you should practice good form with the lightest weight possible.
- Do not hyper-extend your back or overstretch your abs during the concentric (Positive) portion of the exercise. You should only feel a slight stretch in your abs if any at all.
- Contract your abs during the seated crunch to effectively stimulate your core muscles.