



**PRO-DUAL**

by Body-Solid

## AB CRUNCH

### Instructions:

**Sit and adjust the seat so your hip joint is aligned with the pivot point.**

**Set the starting position by adjusting the torso roller to a comfortable upper position on your chest.**

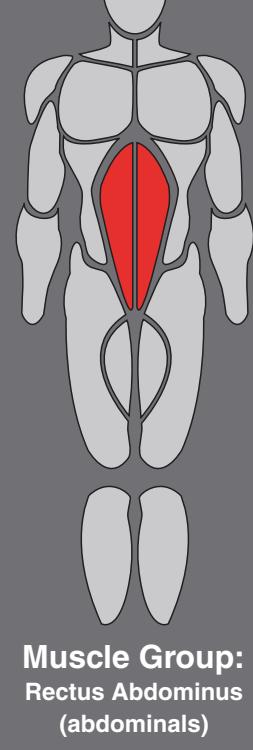
**Adjust the height of the foot support rollers to a comfortable position.**

**Insert selector pin in weight stack at desired resistance level**

**Grasp the roller to help hold you body during exercise**

**Flex your upper body downwards at a smooth, controlled rate.**

**Pause for a moment, then slowly return to the starting position and repeat the movement.**



**Muscle Group:**  
Rectus Abdominus  
(abdominals)



## BACK EXTENSION

### Instructions:

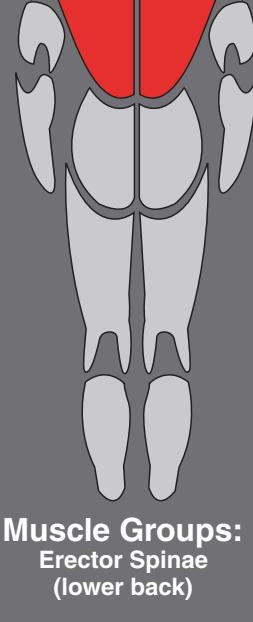
**Sit and adjust the seat so your hip joint is aligned with the pivot point.**

**Set the starting position by adjusting the torso roller to a comfortable upper position on your back.**

**Adjust the height of the foot support rollers to a comfortable position.**

**Insert selector pin in weight stack at desired resistance level**

**Cross your chest with your hands and flex your upper body backwards at a smooth, controlled rate, taking care not to overextend your back.**



**Muscle Groups:**  
Erector Spinae  
(lower back)

