

# 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.

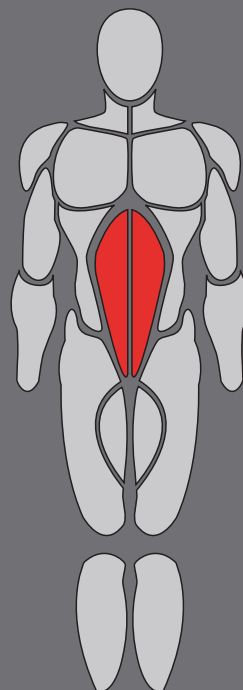
Adjust the height of the foot support rollers to a comfortable position.

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.

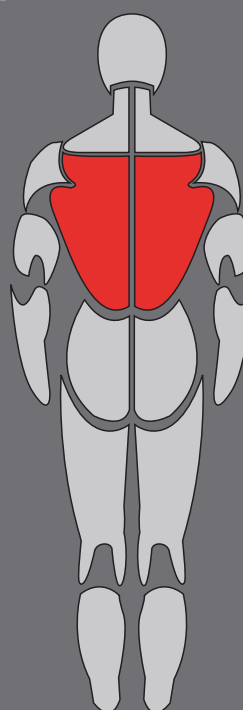
Set the starting position by adjusting the torso roller to a comfortable upper position on your back.

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.

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



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

