

Region: Abdominals

- 90 Degree Crunch
- 90 Degree Reverse Crunch
- 90 Degree Side Oblique Crunch
- Crunch
- Decline 90 Degree Reverse Crunch
- Decline Crunch
- Decline Reverse Crunch
- Decline Side Oblique Crunch
- Decline Straight Leg Lift with Thrust
- Decline Straight Leg Thrust
- Hanging Knee Raise
- Hanging Leg Raise
- Hanging Side Oblique Knee Raise
- Hanging Side Oblique Leg Raise
- Reverse Crunch
- Side Oblique Crunch
- Straight Leg Lift with Thrust
- Straight Leg Thrust

Primary Muscles Worked:

