Cybex Abdominal Curl

Rectus Abdominus

Adjust the seat height so the pad rests against your upper chest. Select weight on the weight stack. Use an underhand grip on the chest pad as shown.

Exhale and bend from the middle of your torso to crunch forward. Think about bringing your rib cage to ward your pelvis. Try to relax your arms. Inhale as you release back to the starting position.