Select weight on the weight stack. Notice the double weight stack that allows for smaller weight increments. Sit on the machine and put the pad under your arms as shown. If desired, move the thigh pads apart to disengage the hip flexor muscles.

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.