Title: Kneeling Cable Crunches

Primary Muscle Groups: Abs

Secondary Muscle Groups: Forearms

Summary: <ol>

<li>Kneel in front of a cable station with a rope attachment connected to the top pulley.</li>

<li>Grip the rope attachment and place your wrists against your forehead.</li>

<li>Flex your hips slightly to take the weight and to hyperextend your lower back.</li>

<li>Keeping your hips stationary, bend at the waist so that your elbows travel down towards the middle of  your thighs. Hold for a count of one.</li>

<li> Return to the start position in a controlled movement and repeat.</li>

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