Title: Dumbbell Weighted Leg Pull-Ins

Primary Muscle Groups: Abs

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand a dumbbell on one of its plates about 2 feet away from the edge of a bench and sit comfortably on the edge of that bench, using you hand-grip for support. Fully extend your legs towards the dumbbell.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Using your amazing foot-eye coordination, pin each foot underneath the top plate of the standing dumbbell, on either side of its bar.  </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring your knees in towards you chest, taking care not to drop the dumbbell in the process, and hold them as close as you can to your chest for 1 second.  </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Extend the legs back down towards the floor to the starting position. </span></li>

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