Title: Leg Pull-In Knee-ups

Primary Muscle Groups: Abs

Secondary Muscle Groups: Lower Back

Summary: <ol>

<li>Lie flat with hands under your buttocks.</li>

<li>Keep your knees together and pull them in towards you while moving your torso towards them (lift your head, neck and shoulders up).</li>

<li>Hold and then slowly return to starting position.</li>

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