Title: Reverse Bench Crunches

Primary Muscle Groups: Abs, Obliques

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ul>

<li>Lie on your back on a flat bench.</li>

<li>Reach overhead and grab the top of the bench with both hands.</li>

<li>Brace your abdominal muscles.</li>

<li>Straighten your legs and lift them up. Stop when they are above parallel.</li>

<li>Contract your abdominals as you bend your knees and bring your legs up and towards the top of the bench.</li>

<li>Pause then slowly release your legs to the starting position, making sure to keep the contraction in your abdominals.</li>

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