Title: Seated Bench Leg Pull-Ins / Flat Bench Knee-ups

Primary Muscle Groups: Abs

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li>Sit on the end of a bench with your legs fully extended in front of you angled towards the floor slightly.</li>

<li>Grip the sides of the bench for stability.</li>

<li>Leaning back to about a 45-degree angle from the bench. This is the start position.</li>

<li>Pull your knees in toward you at the same time moving your torso towards them. Make sure you exhale as you perform this part of the movement. Hold for a count of one.</li>

<li>Return to the start position by extending your legs out and relaxing your abdominal muscles. Breathe in as you do this. Pause and repeat.</li>

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