1)bench leg raise

1)Lie down with your back on the bench, hands gripping the sides of it and hold a dumbbell between your feet. \n\n

2)Raise your legs up until they are perpendicular to the floor and lower them back after a short pause. \n\n

3)Try to keep your legs extended by keeping your knees at the same angle. \n\n

2) Bench Crunch

1)Position yourself on a decline bench so that your feet are secured by the pads. Lay back and place your arms across your chest or behind your head. \n\n

2)Begin the movement by pulling yourself up by your abdominals. Do not force yourself up by pulling on your neck. Let your abs do all the work. \n\n

3)Once at the top, slowly lower yourself back down. Again, focus on the abs doing all of the work. Repeat by bringing yourself back up \n\n