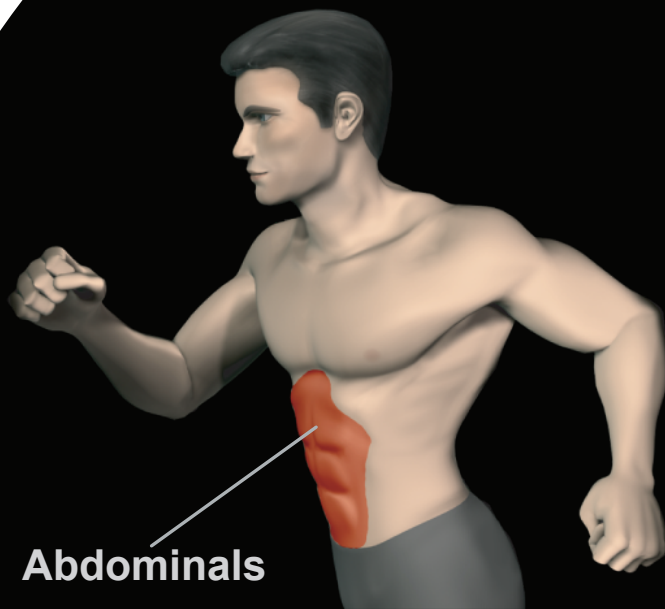
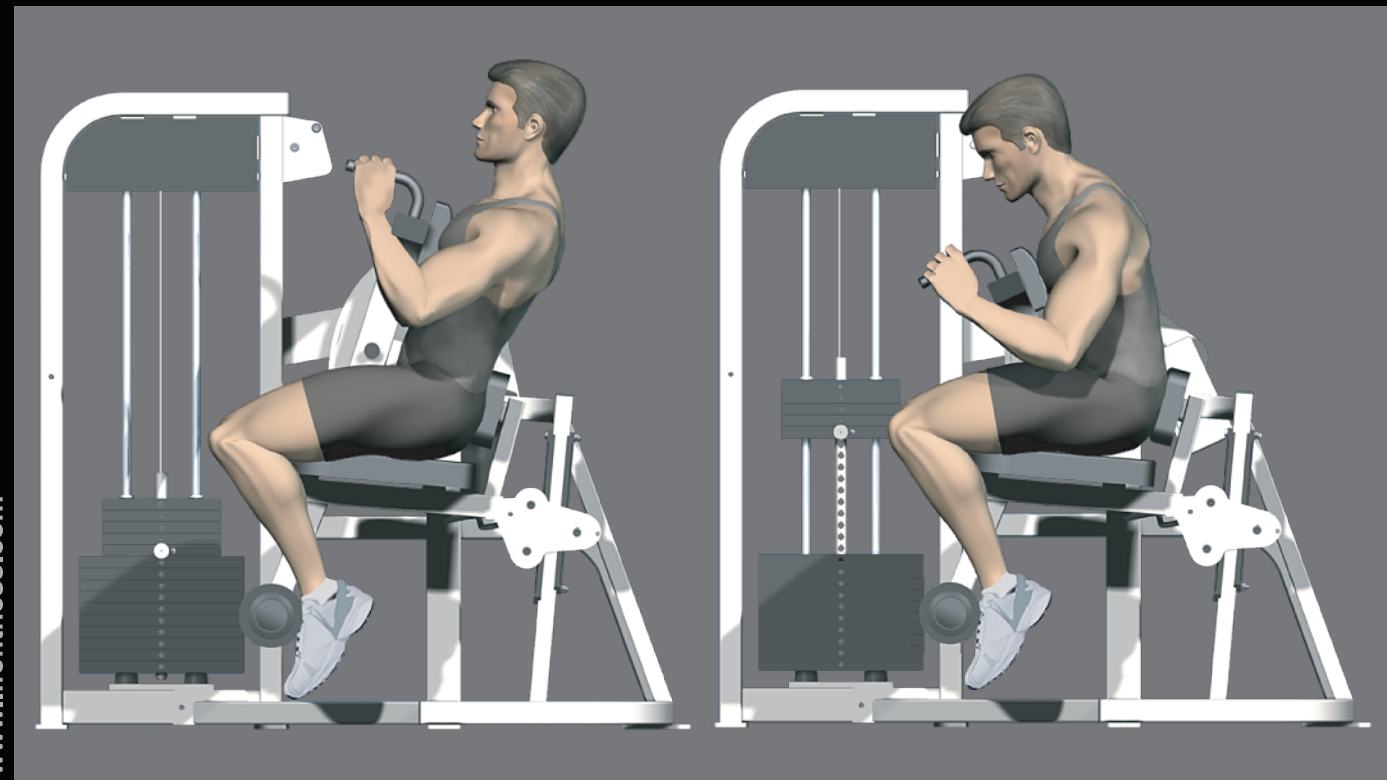


Life Fitness[®]



1. Adjust seat height to position chest pad at mid-chest.
2. Sit and position feet behind lower roller pads and grip handles lightly.
3. Slowly contract abdominals downward in a crunch motion.
4. Return weight with controlled movement to starting position.

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ABDOMINAL CRUNCH