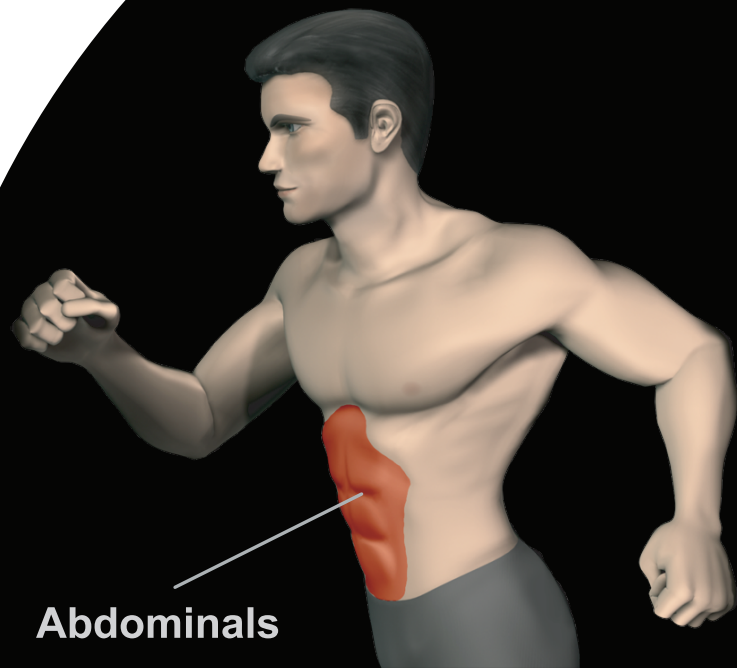
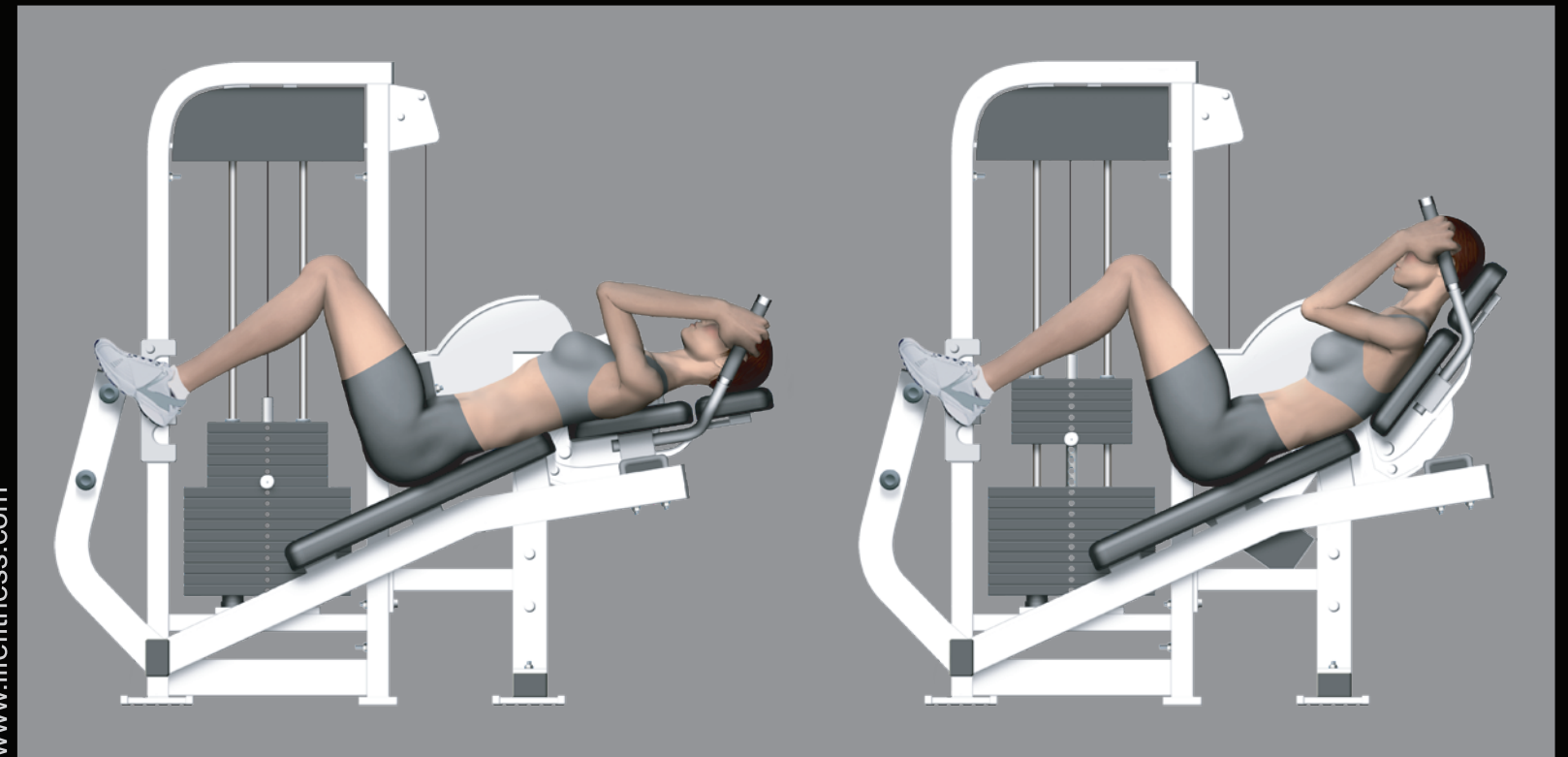


Life Fitness[®]



1. Sit and position feet on desired foot peg.
2. Lay on back pad and grip handles.
3. Slowly contract abdominals in a crunch motion.
4. Return weight with controlled movement to starting position.

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A B D O M I N A L C R U N C H