SIGNATURE SERIES ABDOMINAL (FZAB)

**Muscles Exercised** – Abdominals

**Setup**
Adjust the seat height so that the lower back pad is resting on your lower back. Sit in the machine with your legs placed behind the lower roller pads. Check the weight stack to ensure appropriate resistance. Grip handles.

**Performing the Exercise**
With a controlled motion upper torso crunch, emphasizing the use of your abdominal muscles. Avoid using your arms to power through the motion; they should provide a guide for the motion. Concentrate on squeezing your abdominal muscles throughout the exercise. Maintaining control, return to the start position and repeat the motion.

_TIP:_ Grasping only one handle while performing the exercise is a way to prevent from using your arms excessively.