Muscles Exercised – Obliques and Abdominals

Setup
Adjust seat position for desired range of motion. Place knees on the front edge of seat pad while facing chest pads. Adjust chest support pads so that the center of the pads align with the top of the chest.

Performing the Exercise
Grasp handles and slowly rotate torso. *Tip: Be sure knees are placed against support pads for greater stabilization.* Return to starting position. Rotate seat position to train opposite side of torso.