Cable Crunch and Leg Pull-In

Kyle Pierce, EdD, CSCS
USA Weightlifting Development Center
Shreveport, Louisiana

— Basic —

Cable Crunch

Starting Position
- From a kneeling position, grasp the handle (preferably ropes, straps, or towel) of an overhead pulley (lat) machine.
- The hands should be positioned along the neck.

The Exercise
- Tuck chin to chest.
- Curl upper body downward.
- Return under control to starting position and repeat.

Muscles Used
Rectus abdominus.

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■ Leg Pull-In

**Starting Position**
- Lie supine on a leg extension/curl machine.
- Grasp the bench for support.
- Place feet under the pads used for leg curls.

**The Exercise**
- Flex hips and knees as possible toward chest.
- Extend hips and knees under control to the starting position and repeat.

**Muscles Used**
Hip flexors and lower abdominals.

**Variations**
This exercise may be performed by hooking the feet to the straps of a low wall pulley. ▲

*Drawings by Jim Seward*