

# Training Time With John & Kristen

Stanly County Family YMCA *Helping People Grow In Spirit, Mind And Body*



NITRO PLUS  
ABDOMINAL



1. Pull seat adjust lever to sit with your navel in line with axis of rotation, and hook feet behind roller pads.
2. Place elbows on movement pads and grip handles lightly with fingers.



3. Pull chest towards hips by contracting abdominal muscles in a crunch movement.
4. Pause in position of full muscle contraction.
5. Return slowly to starting position and repeat.

