Exercises You Can Perform On A Sit-Up Bench



Decline sit-ups to work on strengthening the core.

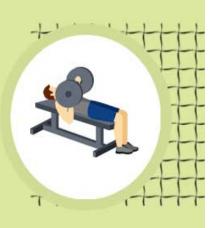
Single and double leg lifts to work on the lower abs.





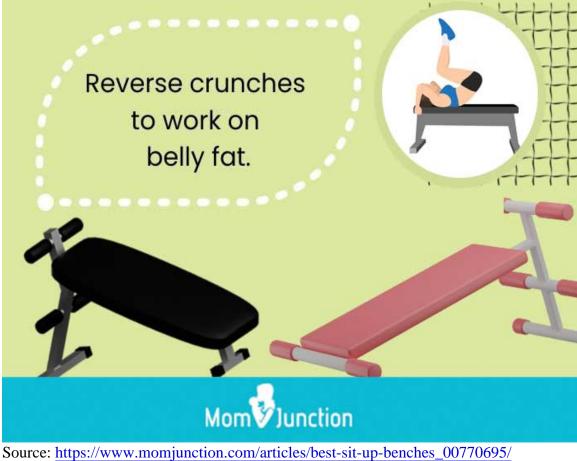
Decline Russian twists to target the obliques.

Dumbbell chest presses to work on your chest muscles.





Back extensions for lower back and hamstrings.



Source. https://www.momjunction.com/articles/best-sit-up-benches_00/70093