Sit-up:

Sit-ups are done many different ways and for different reasons. Here sit-ups are done without the feet stabilized to a solid object, and the legs are in an extended position. Resistance can be added to the movement at the chest, behind the head, and over the head (vertical position). There are other ways to resist this exercise that will not be discussed here. The exercise is done here using four levels of resistance which are 60%, 80%, 100% and 100%+, and they are shown in the attached pictures. Once the trunk reaches about 45 degrees ……etc.

1. Start lying flat …….
2. Initiate the movement by engaging the abdominal wall musculature……..
3. Once the trunk reaches about 45 degrees (0 degrees is flat) begin to place the low spine……
4. Keep the low spine in this…….....
5. Hamstrings mobility will not……..
6. When using external resistance make sure the weight is held closely to the body. The further the resistance is from the belly button the……
7. Vertical arm position - is used to……