

GRADED SIT-UPS FOR ABDOMINAL MUSCLE POWER

Strong lower abdominal muscles protect your back. You need do only 5 sit-ups once EVERY day to make progress. As each exercise gets easy, increase the load.

- A. **SAFETY**: Must have neck, shoulders, trunk, hips, knees all well flexed, and feet held (or tucked under furniture). Begin with a strong pelvic tilt, sucking your lower tummy in tight, and pressing the small of your back down. Keep your spine in a C-shaped curve (fetal position) all the way up, and *especially*, all the way down.



Do exercises smoothly, without jerks or running starts.

B. **PROGRESSIVE LEVELS OF DIFFICULTY**

1. Need extra pillows or help to do sit-up at all,
2. Arms outstretched, above knees,
3. Arms crossed, hands to opposite elbows,
4. Arms crossed, hands to opposite shoulders,
5. Hands behind neck, and
6. Arms behind head, fingers touching opposite ears.

DO NO EXERCISES WITH KNEES STRAIGHT!!!