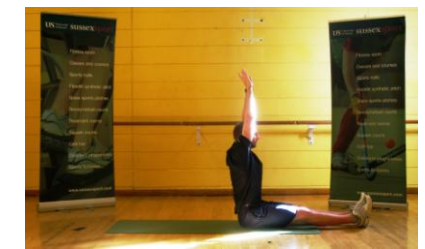
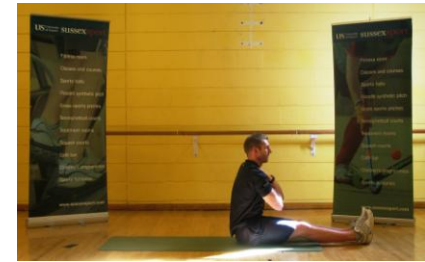


Level Six: Straight Leg Sit Ups

If the member is performing correct technique, the intensity/load can be increased by holding a weight plate/dumbbell in their hands. They still must maintain the same technique as without a weight.



Teaching Points

- Lying on the floor with arms outstretched above the shoulders
- Keeping the legs flat on the floor, use the core to bring the upper body up to vertical
- Resist the temptation to use the arms to propel the body upwards
- Under control lower back to the start

Note: Start with arms folded across the chest. The next progression would be to hold a weight with the arms outstretched

Target Muscles

Primary Muscles: rectus abdominus, transverse abdominus

Secondary Muscles: Hip flexors

Look out for: feet lifting off the floor, using the arms to assist the movement (swinging forwards) to initiate the lift, not coming all the way to vertical