


Sit Ups Stage 1 Machine Mounted Chart– CT049

<p>Description</p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Sit-up exercise. Stage 1 sit-up shows the exercise being done with the hands resting on the thighs in the start position and touching the top of the knees as you complete the sit-up. Instructional information supports each exercise position and important breathing advice is also given which helps to reinforce good coaching by the Gym Instructor. Ideal for fixing on to your abdominal machine.</p>
<p>Details</p>	<p>1. Dimension: A5 Size</p>
<p>Image</p>	 <p>SIT-UPS (STAGE 1)</p> <p>STRENGTHENS ABDOMINAL MUSCLES</p> <p>START POSITION</p> <ol style="list-style-type: none"> 1. Lie with your back flat, knees bent and feet secured under the pads. 2. Place hands on front of thighs. <p>POSITION TWO</p> <ol style="list-style-type: none"> 1. Tuck chin into chest. 2. Press top of foot securely under pad. 3. Lift head and shoulders, rounding back, keeping lower back in contact with board. <p>POSITION THREE</p> <ol style="list-style-type: none"> 1. Breathing out to count of 020, keep lifting with a rounded back, chin on chest, arms straight and hands touching your knees. 2. Return slowly to start position controlling the downward movement to the count of 23. <p>THE ABDOMINALS and MAJOR NECK FLEXOR MUSCLE</p> <p>MUSCLES in the FRONT LOWER LEG</p> <p><i>The Abdominals, Neck flexors and muscles at the front of the lower leg are responsible for controlling the body's action during this exercise.</i></p> <p>Stay Healthy... Keep Fit</p>