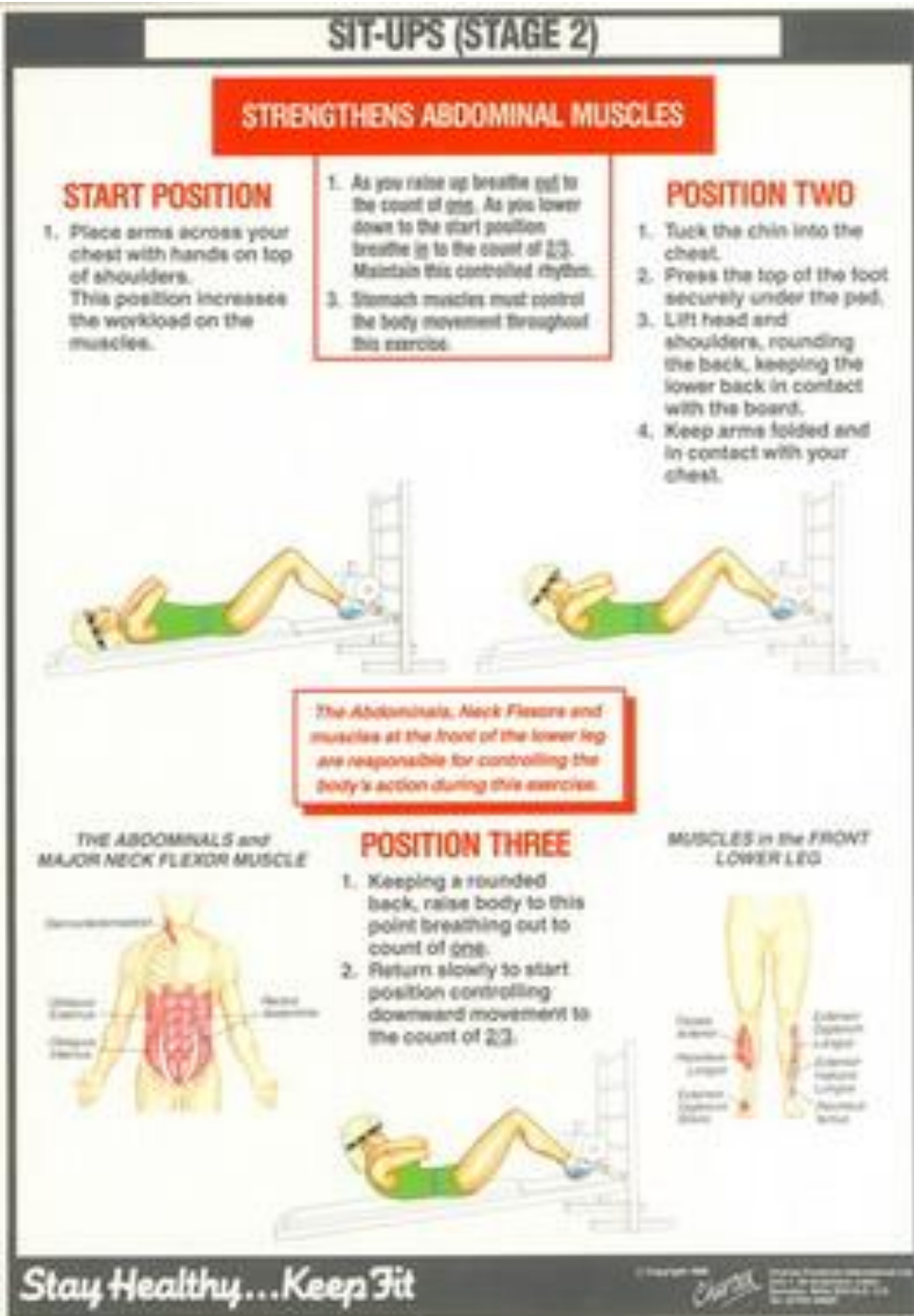


Sit Ups Stage 2 Machine Mounted Chart– CT050

<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 2 Sit-up shows the exercise being done with the arms folded across the chest and hands on top of the shoulders. Instructional information on how to do the exercise properly and safely supports each stage of the sit-up and 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 2)</p> <p>STRENGTHENS ABDOMINAL MUSCLES</p> <p>START POSITION</p> <ol style="list-style-type: none"> 1. Place arms across your chest with hands on top of shoulders. This position increases the workload on the muscles. <p>POSITION TWO</p> <ol style="list-style-type: none"> 1. As you raise up breathe out to the count of one. As you lower down to the start position breathe in to the count of 2. Maintain this controlled rhythm. 2. Stomach muscles must control the body movement throughout this exercise. <p>POSITION TWO</p> <ol style="list-style-type: none"> 1. Tuck the chin into the chest. 2. Press the top of the foot securely under the pad. 3. Lift head and shoulders, rounding the back, keeping the lower back in contact with the board. 4. Keep arms folded and in contact with your chest. <p>POSITION THREE</p> <ol style="list-style-type: none"> 1. Keeping a rounded back, raise body to this point breathing out to count of one. 2. Return slowly to start position controlling downward movement to the count of 2. <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>