

Performing the Exercises

Sit-Ups

EQUIPMENT: Mats, such as those used for tumbling or wrestling.

TIME LIMIT: Two Minutes

IMPORTANT: Competitors may rest in either in the up or down position as long as they maintain the correct body position while resting.

FULL EXERCISE

Position: Lie on back with legs bent and feet flat on mat. Thighs form a 45-degree angle with the ground. Hands are placed behind the head with fingers interlocked and touching the mat. Feet are held in place by a partner or officials counter.

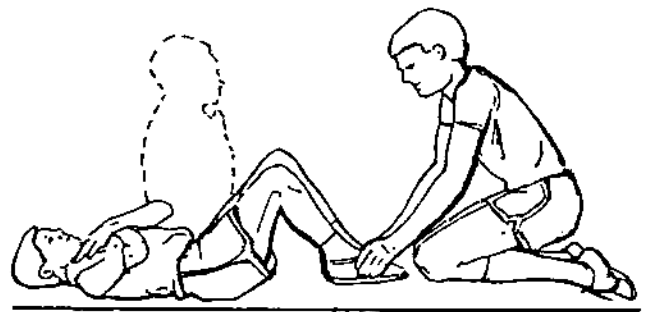
Execution: Sit up, bending forward until the forehead is directly above or in front of the knees. Elbows remain to the outside of the knees. Return to the starting position, ensuring that the knuckles and on the fingers or back of the hands touch the mat before resuming the next repetition.



MODIFICATION #1

Position: Lie on back, legs bent, shoulders flat on mat with head raised, and feet flat on mat. Hands are folded across the chest. A partner or official counter holds feet in place.

Execution: Sit up, bending forward until the forehead is directly above or in front of the knees. Arms remain folded across the chest. Return to the starting position, ensuring that the shoulders touch the mat before resuming the next repetition. **NOTE: This exercise will replace the sit-ups in competition during the 2003 competition year.**



MODIFICATION #2

Position: Sit on the mat with legs bent and feet flat on the mat. Thighs form a 45-degree angle with the ground.

Execution: Sit up, bending forward until forehead is directly in front of the knees. Return to starting position ensuring that the elbows and forearms are flat on mat before resuming next repetition.



