

PHOTON SIT-UPS



BENEFITS: Strengthens primarily the abdominal and hip flexor muscles. Also hits the muscles of the legs and lower back.

MOVEMENT TYPE: Core and Lower Body

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INSTRUCTIONS:

1. Lie on your back with your legs extended and your arms extended out to your sides, creating an airplane “T” shape with your body. Keep your lower back on the floor to engage your abs.
2. Crunch into your abs faster than light: Sit up on your butt by lifting one straight leg to meet the opposite hand over your midsection.
3. Keeping your muscles engaged, lie down again in the starting “T” position with control and repeat the movement with the opposite leg and arm.

MODIFICATIONS:

- For Core Strength: Use momentum by swinging your arm to meet your leg and allow your muscles to relax on the way down and gently roll your back down onto the floor into the starting position.
- For Core Strength: Lie on your back with both legs bent and both feet flat on the ground. Extend one leg while you crunch, keeping your lower back on the floor, and reach for that leg with your opposite hand.

