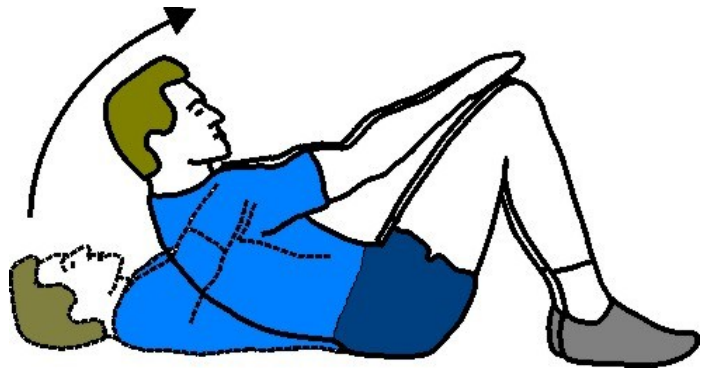


HOW TO DO A CURL-UP

DIRECTIONS: Follow the steps on how to perform a curl-up. Make sure to perform the exercises in a slow, controlled manner.

CURL-UP

1. Lay on your back with your knees bent at a 90-degree angle. Feet are 12 inches apart and flat on the ground.
2. Place your hands by your side, flat on the ground OR you can cross your arms across your chest.
3. Slowly lift your upper back and torso off of the ground by flexing your abs.
4. You should rise up so that your back is at a 45-degree angle with the ground.
5. Slowly lower yourself back down towards the ground back to starting position.
6. Repeat motion continuously until you complete the set.



MODIFICATION

1. Lay flat on your back with your legs rested on the floor to begin.
2. Raise both legs to approximately 6 inches off of the ground.
3. Arms should be to the side or under your lower back to support yourself.
4. Hold that position for the duration of your exercise.

