

HEAD SIT-UP



- ↯ Elongate and stabilize spine. Tighten abdominal muscles.
- ↯ Tuck chin, roll head off floor, then return to starting position. Do not protrude chin.
- ↯ Breathe normally.
- ↯ Perform 3 sets of 5 repetitions.

Material taken from Spine Stabilization Exercise Guide by Jay L. Tapper
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