

Core (resistance bars)

No Momentum Situp



Exercise Description:

No Momentum Situp

Classification:

Core (resistance bars)

Instructions:

1. Lie flat on your back and open the resistance bars as wide as you possibly can.
2. Keeping your back as straight as possible rise up until you are perpendicular to the floor.
3. Extend out the resistance bars, return them back to your chest and lower yourself to the floor.
4. Do not close the resistance bars until you complete your set.
5. Inhale while opening the resistance bars and exhale as you rise. Inhale and then exhale as you extend the resistance bars. Inhale returning the resistance bars to your chest and exhale lowering your back to the floor. Repeat.