



Advice Sheets AS10: Sits Ups

1. Sit Ups

Whilst resting supine with both knees bent, interlace the hands behind the neck and gently lift the head and upper torso whilst breathing out to a position of 8 inches. Hold for a few seconds and then gently lower the head and upper back whilst breathing in to the resting position. **[Repeat 5 times.]**



2. Knee Hugs

Whilst resting supine draw each knee to your chest, one at a time initially and then both together. **[Repeat 5 times].**



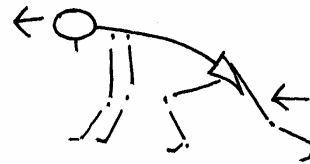
3. Pelvic Tilts

Rest supine and tense the buttocks whilst gently rocking the pelvis. If this exercise is done correctly the hollow of your back should diminish and come into contact with the surface you are resting on. **[Repeat 5 times].**



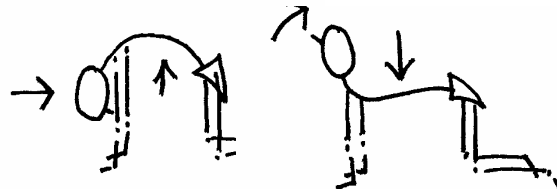
4. Squats

Place both hands onto a firm surface with both knees slightly bent and one leg placed behind the other. Gently bend both knees at the same time whilst gently moving the whole body forwards. Repeat 5 times



5. The Cat Exercise

A) Whilst resting onto both hands and knees arch the spine whilst tucking the head gently under your body and breathe out.
B) Then arch the back in the opposite direction whilst gently lifting the head and breathe in.



6. Back Rotation

Whilst resting supine with both knees bent gently drop both knees to one side and then to the other whilst both feet are in contact with the ground.

