

Upper Abdominal Progression: Trunk Curl–Sit Up (Figures A–D)

Purpose: • To improve the performance of the upper abdominal muscles (e.g., internal obliques, rectus abdominis)

Starting position: Bend hips and knees with a pillow under your knees and with your arms in front of body (see Figure A). Straighten hips and knees, and position arms in front of body (see Figure B).

Level 1A: Trunk curl: spinal flexion (easiest)

Method: Perform variation if box is checked

- Bring your chin toward your the base of your neck
- Curl your trunk as far as possible
- Stop just before your hips start to bend or your feet lift off table

Level 1B: Trunk curl–sit up: spinal and hip flexion (least difficult)

Method: Perform variation if box is checked

- Bring chin toward your the base of your neck
- Curl your trunk as far as possible
- Maintain the curl
- Continue until sitting up

Level 2: Trunk curl–sit up: spinal and hip flexion (difficult)

Method: Perform variation if box is checked

- Fold your arms on your chest (see Figure C)
- Bring your chin toward your your the base of your neck
- Curl your trunk as far as possible
- Maintain the curl
- Continue until sitting up

Level 3: Trunk curl–sit up: spinal and hip flexion (most difficult)

Method: Perform variation if box is checked

- Place hands on top of head (not behind head) (see Figure D)
- Bring chin toward your the base of your neck
- Curl trunk as far as possible
- Maintain the curl
- Continue until sitting up

Repetitions: _____

