

## Sit-up Training Program

The **Specificity of Training** principle states that the more similar the fitness training is to the task to be performed, the greater its likelihood to produce a positive result. In other words, to do more sit-ups – do more sit-ups!

1. Start by performing as many proper form sit-ups as you can in 60 seconds.
2. When performing this exercise place your arms across your chest and sit up far enough that your elbows touch your knees
3. Train at 60 to 80% of that level. For example if you did 10 sit-ups in 60 seconds, do repetitions of 6 to 8.
4. Perform 3 sets of sit-ups at 60 to 80% of your 60-second max, every other day (three times per week). Rest 2 minutes between sets.

**Training Tip:** Contracting the abdominals during this exercise is the key to building abdominal strength. Exhale on exertion (the upward motion of the sit-up) and consciously contract the abdominals all the way up while continuing to blow out. Inhale on recovery (on the way down) and continue to hold tension in your abdominals.

5. Further gains can be achieved by stopping at two points on the down portion of the exercise and holding each position for 5 seconds.
6. Do “Reverse Sit -Ups” by starting in the up position with your elbows touching your knees and curl down until your shoulders are about 6” off the floor then return to the starting position without touching your back to the floor. Start with 1 at the end of your work-out and add 1 more with each workout as you progress.
7. Once a week perform the 60-second max sit up test. Adjust the number of sit-ups done during repetitive sets accordingly.
8. Once you have accomplished 6 workouts (approximately 2 weeks) add an additional 3 sets of abdominal crunches following the completion of 3 sets of sit-ups. Do the same number of repetitions per set as sit-ups.