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*Chapters One, Two and Three Contain Your ABCs
– Alignment, Breathing and Core Control Basics*

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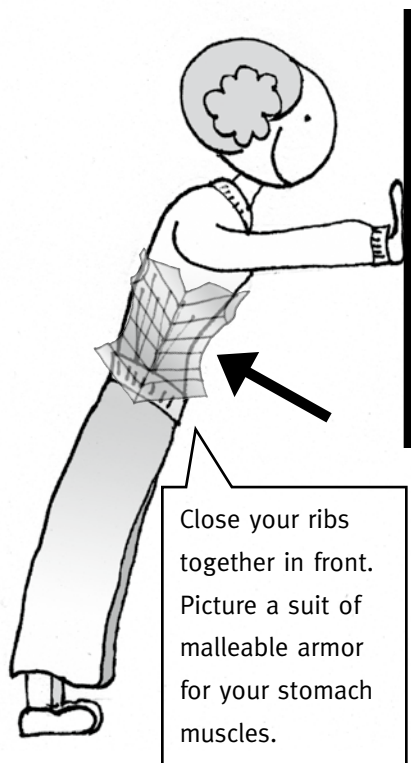
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WALL PUSH-UPS



POSITION

- Stand a few feet away from a wall.
- Place your hands on the wall in front of you. The hands are a few inches below shoulder level. This keeps the shoulders from hiking upward toward your ears. You may choose to place the hands closer together to work the tricep muscles located along the back of your upper arms. Place the hands farther apart to emphasize the chest.

START

- Stand a few feet away from a wall and push away from the wall with the arms. Keep your chin toward your chest slightly.

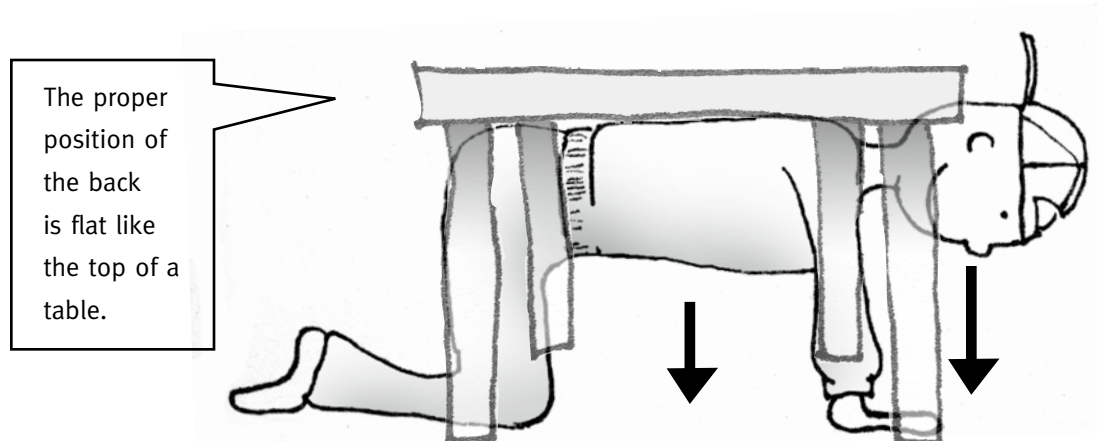
BENT-KNEE PUSH-UPS

POSITION

- Kneel on all fours. Support your body weight on your hands and legs.
- Hands are directly under your shoulders and knees are under your hips. The legs are together.
- Keep your head in line with your spine, and look down at the floor. Do not drop your head.

START

- Raise and lower the body using the arms. The Bent-knee Push-up should be deep, the chest near the floor.



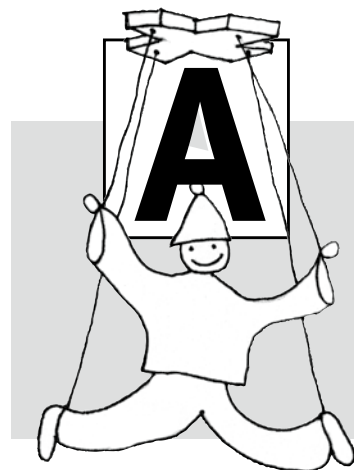
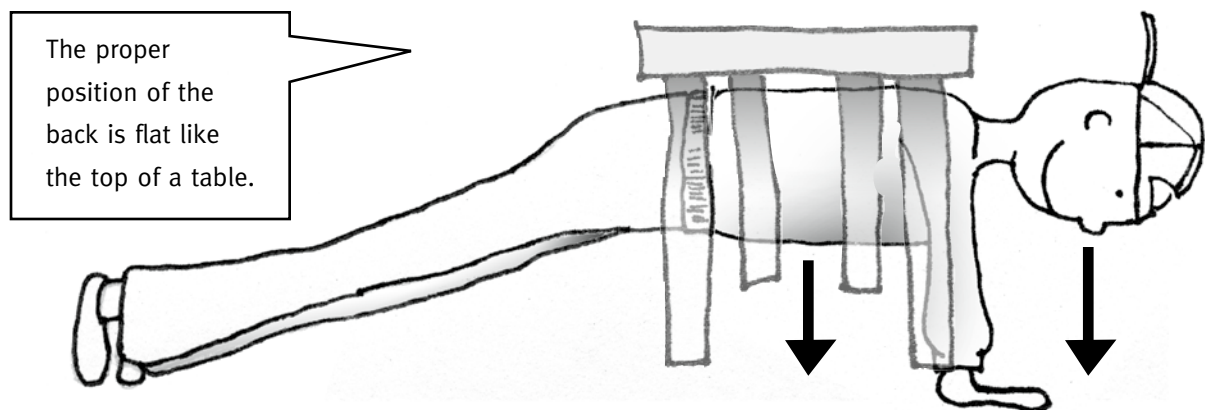
FULL PUSH-UPS

POSITION

- Begin on all fours. Hands are directly under your shoulders. Straighten the legs behind you. The legs are close together.
- Keep your head in line with your spine and look down at the floor.

START

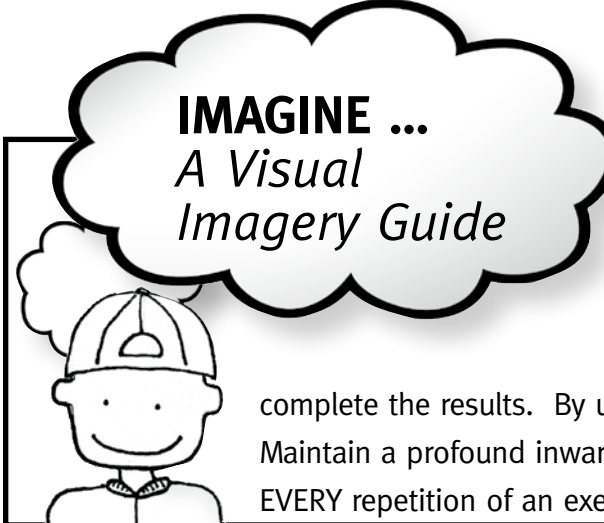
- Raise and lower the body in one piece. The Full Push-up should be deep, the chest near the floor.



is for
Alignment

- Feel your entire shoulder girdle area slide downward toward your waistline. This is like tucking your shirt into your trousers – and then tighten your imaginary belt around your waistline.
- Keep your hips level even in the plank Full Push-up position. The hips stay in line with the spine.

SUPER SIT-UPS!



IMAGINE ...
A Visual Imagery Guide

Visual imagery is the use of a mental picture to accomplish physical tasks with greater ease and efficiency of motion. The more dramatically you paint a picture of a visual image in your mind's eye the more complete the results. By using your mind you can develop your body. Maintain a profound inwardly directed focus on the visual images during EVERY repetition of an exercise.

Sit-ups can be done anywhere. They are the most common exercise for the abdominal muscles. You will be doing a Curl-up. It is safer than a full Sit-up where the lower back leaves the floor. The half Curl-up eliminates the involvement of the hip flexors, and makes it an effective isolation exercise for the abdominals.

TEACHING TIPS

Avoid if you have any abdominal or back problems.

Support your head and neck with your hands without placing your chin on your chest.

- Perform 1-3 sets of 10-15 repetitions.
- Pay attention to perfect form on every repetition. Your visual imagery ABC Guide Boxes will help you have proper body mechanics.
- You may want to use a slightly cushioned mat, thick towel, blanket or carpet.

POSITION

- Lie on the mat, on your back, knees bent, and feet flat. Your heels will be about 12 inches away from your hips. Your legs are pressed together tightly.
- The hands* are placed behind the neck.

*The hands only form a shelf to support the weight of the head, so that the neck muscles can relax during the movement. This keeps you from curling up from the hands, and arms. Instead use the abdominal contraction to initiate and follow through from point A and return to point B.

START

- Inhale to prepare.
- Exhale each time you curl up.
- Curl the shoulders towards the pelvis. The upper back leaves the floor. The lower back should not leave the floor. Return.