

GHD SITUP

SITUP ON GHD

CRUNCH ON GHD

SITUP - LEGS STRAIGHT

SITUP - KNEES BENT



From a position with hips in front of the GHD pad, the athlete descends into a deep situp. Reaching back with one hand (or two,) the athlete extends just enough to touch the floor with his fingertips, and then returns to top using his arms for momentum.

From a position with hips on top of the GHD pad, the athlete folds her arms and keeps her chin high while leaning back and descending in a situp position until her torso is parallel to the ground. Then she returns to the vertical, upright position without using her arms for assistance.

From a position with hips on top of the GHD pad, the athlete slowly 'uncurls' backward until their torso reaches approximately 45 degrees, and then 'curls' their shoulders back toward their knees until they return to te start position.

On the ground, starting from prone, the athlete performs a situp without support at the ankle or foot. They may not use their arms for momentum assistance.

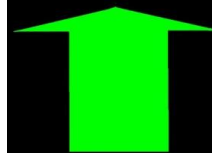
With knees bent at 90 degrees and toes wedged under a heavy weight, the athlete engages their hip flexors to assist in pulling their torso from a lying to an upright position, and then lowers themselves back down to prone again.

20 with torso reaching parallel each rep.

20 nonstop.

20 nonstop.

20 nonstop.



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