

Straight Leg Sit Ups

If you want to get hurt do this exercise.

There are several risks associated with this exercise. Most notable is to the back. By keeping the legs straight you exercise the hip flexors more than the abdominals. When the hip flexors contract they tend to cause a hyperextension of the lower back and a forward tilt of the pelvis. All of which can cause lower back stress and disc damage. Full sit ups are bad as well (see article). Rather do the McGill Crunch.



Remember - Sit Ups do not get rid of belly fat - see the research below.

The [Journal of Strength and Conditioning Research](#), studied a group of 14 participants through a six-week training period. At the end of that period, the subjects who'd done abdominal exercise did increase their muscular endurance when compared to the control group. But they didn't lose abdominal fat when compared to the control group. Another study, from the [Journal of Manipulative and Physiological Therapeutics](#), involved 40 overweight and obese women. During the 12-week study period, half the participants combined a diet with abdominal resistance training, while the other half followed diet only. At the end of the study period, both the control group and the group that did abdominal resistance training lost weight. But there was no significant difference in weight lost or in specific measurements of subcutaneous belly fat and waist circumference.