

DON'T DO THAT
EXERCISE AND TRAINING
TECHNIQUES THAT YOU
SHOULD NOT DO

Do Not Do the Full Sit Ups

There are safer alternatives. See Crunch or Supine Bicycle Crunch.

When doing a crunch maintain lower back lumbar curve. I like to pause at top of crunch motion and engage the muscles. Crunches are just one part of Core Training (see big three).

X



Yes

The fan favorite, full sit up, places excessive Stress on the Lumbar Spinal Discs (lower back). Studies have shown that one of the quickest ways to damage these discs is to load the spine while repeatedly bending it back and forth, which is what happens during the sit up. **READ ON FOR DETAILS:** The US National Institute of Occupational Safety and Health has set the action limit for low back compression at 3300 N; repetitive loading above this level is linked with higher injury rates in workers. Yet this is imposed on the spine with each repetition of the sit-up. Research published in 2005 on soldiers stationed at the US military's Fort Bragg attributed 56% of all the injuries sustained during the Army Physical Fitness Test to the sit-ups. That is why they are no longer used in military test batteries. Interesting fact: Sit ups do not get rid of fat at abdomen or decrease its girth. In a small randomized controlled trial one group did daily abdominal exercises while the control group did none. Study found that sit ups **made no difference to waist size.**