

SIT-UP BOARD

Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

SIT-UPS:

1. Place your feet under the foothold bar for support. Lie on the board with your hands crossed on your chest.
2. Focus on your abdominals and exhale while you raise your body to an upright position.
3. Inhale and slowly lower yourself backwards.
4. Try to keep your back off the board.
5. Repeat 8-15 times.



KNEE RAISES:

1. Lie on the board with your head at the top as shown.
2. Grab the support bar behind your head.
3. Exhale as you tuck your knees in towards your chest.
4. While keeping your knees bent, inhale and slowly lower your feet.
5. Bring your knees back up to the start position.
6. Repeat 8-15 times.

