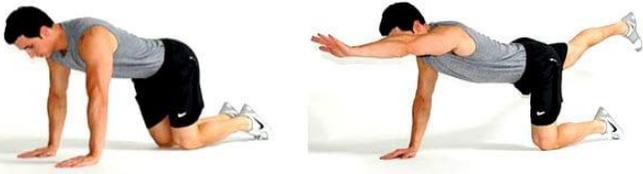


STRATEGIES TO IMPROVE MUSCULAR ENDURANCE/CURL UPS

Practice exercises 4-5 times per week. Get all of your training done while watching your favorite TV show and doing 1 exercise during each commercial.

EXERCISE	DESCRIPTION	BEGINNER	INTERMEDIATE	ADVANCED
<p>Pointer</p> 	<p>Start on hands and knees with back flat; keep neck and spine aligned.</p> <p>Extend right arm and left leg at the same time. Hold position and then switch.</p>	<p>Alternate 30 times, focusing on full extension of arms and legs, as well as maintaining balance.</p>	<p>Hold the position for 3 seconds then switch.</p> <p>Do 3 sets of 10</p>	<p>Hold the position for 5 seconds then switch.</p> <p>Do 3 sets of 15</p>
<p>V-ups</p> 	<p>Lie on your back, arms and legs extended.</p> <p>Lift your legs and arms up so they extended toward the ceiling. Lift your upper back off the floor, reaching your hands towards your feet.</p> <p>Lower your legs toward the floor while reaching your arms overhead. Keep shoulders off the mat and lower back pressed into mat.</p>	<p>Hold the position for 2 seconds, and then lower.</p> <p>Do 1 set of 10. Rest.</p>	<p>Hold the position for 2 seconds, and then lower.</p> <p>Do 2 sets of 10. Rest and repeat.</p>	<p>Hold the position for 3 seconds, and then lower.</p> <p>Do 2 sets of 15. Rest and repeat.</p>
<p>Crunches</p> 	<p>Start by lying down on back with knees bent, feet flat on the floor, hands behind head, and lower back flat on the floor.</p> <p>Raise shoulders off the floor, bringing torso up mid-way, letting the abdominals do the work; relax head and neck.</p> <p>Lower torso, letting shoulder blades touch the floor.</p> <p>Move fluidly and repeat.</p>	<p>Perform 10 crunches. Exhale on the up-phase.</p> <p>Hold position for 2 seconds, then lower shoulder blades back to floor.</p> <p>Rest and repeat.</p>	<p>Perform 20 crunches. Exhale on the up-phase.</p> <p>Rest and repeat.</p>	<p>Perform 25 crunches</p> <p>Rest and repeat.</p>

<p>Bicycle Crunches</p> 	<p>Lie flat on the floor with lower back pressed into the mat.</p> <p>Put hands behind your head, bring knees to chest and left shoulder blades off the ground.</p> <p>Straighten right leg out straight while turning upper body to the left; bring right elbow to left knee.</p> <p>Make sure your rib cage is moving and not just your elbows.</p> <p>Move fluidly and alternate sides as you move.</p>	<p>Begin slowly.</p> <p>Perform bull kicks standing in place for 15-20 seconds.</p> <p>Rest and repeat.</p>	<p>Increase speed.</p> <p>Increase duration of butt kicks for 30-60 seconds, in place or while moving.</p> <p>Rest and repeat.</p>	<p>Increase duration (more than one minute)</p> <p>Increase distance (moving)</p> <p>Increase sets</p> <p>Rest and repeat.</p>
<p>Back Extension</p> 	<p>Start by lying down on stomach with face down and arms and legs extended.</p> <p>Lift arms, chest and legs off the floor, hold position and repeat.</p>	<p>Hold the position for 3 seconds then switch.</p> <p>Do 1 set of 10. Rest and repeat.</p>	<p>Hold the position for 3 seconds then switch.</p> <p>Do 2 sets of 10. Rest and repeat.</p>	<p>Hold the position for 5 seconds then switch.</p> <p>Do 2 sets of 15. Rest and repeat.</p>