EXERCISE CLASSIFICATION

To assist in the safe, effective prescription and execution of exercise, each exercise in this guide is classified as follows:

- Skill Classification – exercises suitable for different skill levels
- Precautions Classification – exercises that may have a safety concern for some individuals

SKILLS CLASSIFICATION

Beginner (1)
Someone who is new to exercise or exercises infrequently. Beginner exercises tend to be supported, stable, and using positions, movement patterns and equipment that are easier to control.

Intermediate (2)
Someone who has gained six-plus months of strength training and has a good level of skill, strength and stability. Intermediate exercises require good control, stability, mobility and balance.

Advanced (3)
Someone who has years of experience and the ability to perform complex exercises. Advanced exercises require a high degree of skill including balance, stability, control, and more demanding and precise muscle recruitment patterns.

NB: some exercises e.g. the squat can be all three classifications but what differs is the resistance, load and range.

PRECAUTIONS CLASSIFICATION

Unstable (U)
These exercises are more unstable and require caution for beginners and those with limited mobility, visual impairment or balance challenges. Machine-based exercises are a more suitable choice for these clients.

Joint Compromise (J)
These exercises can place the joint into a position of compromise, either:

- a) a position of dislocation,
- b) a position of impingement,
- c) increased load through shearing forces between joints, and may require alternative exercise.

Isolated Exercise (I)
These exercises stress a single joint and muscle group in relative isolation. For workout efficiency and to enhance functionality, a compound exercise may be more effective.

Blood Pressure (BP)
These exercises cause an upward or downward shift in BP and may not be suitable for those with pre-existing BP conditions.
**PT TOOL BOX**

Master these exercises for your Personal Training course.

**SUPINE ROW/PULL-UP**

*Classification 2,3, BP*

Bilateral pull pattern – target muscles: latissimus dorsi, biceps brachii

1. Adjust the bar of the Smith Machine so that your trunk is horizontal in the start position with your knees at 90 degrees (you can use any stable horizontal bar/beam).
2. Position yourself so your chest is under the bar and hands a little wider than shoulder width in either an overhand or underhand grip with arms extended.
3. Keep the core activated then pull-up so the chest approaches the bar – retract the scapulae at the top.
4. Avoid driving upwards with the hips.
5. Lower the body down slowly to return to the start.

**CABLE MACHINE EXERCISES**

Position pulley at the appropriate height for the exercise. Position the body to avoid interference with the cables.

**SQUAT ROW REVERSE GRIP**

*Classification 2, BP*

Squat pattern with bilateral pull pattern – target muscles: quadriceps, gluteals, latissimus dorsi, bicep brachii

1. Adjust pulley so that it is set at the bottom of the vertical adjustment arm.
2. Use a flat wide handle and hold in an underhand grip.
3. Keep feet, knees and hips facing forward towards the cable machine at all times.
4. Assume standing set-up posture then lower into a squat position with arms lengthened in front of body.
5. As the hips and knees extend (squat up phase), pull handle to chest and focus on retracting the scapulae.

**KNEELING HIGH ROW**

*Classification 2, BP*

Bilateral pull pattern – target muscles: latissimus dorsi, biceps brachii

1. Adjust pulley so that it is set towards the top of the vertical adjustment arm.
2. Use a flat wide handle and hold in an overhand grip.
3. Kneel on the ground, keep torso long and lean back slightly – maintain a strong position throughout the movement.
4. Start with extended arms, and pull handle to mid chest.
**CABLE CROSS-OVER**

Classification 2,3, BP, U, J

Standing push pattern – target muscles: pectoralis major, anterior deltoid, triceps brachii

1. Adjust pulleys on both vertical adjustment arms towards the higher setting.
2. Use soft handles, and hold in an overhand grip.
3. Assume standing set-up posture slightly forward of the cable machine and in centre of the adjustment arms.
4. Take a split stance position.
5. Keep feet, knees, hips and torso facing forward; maintain this strong position throughout the movement.
6. Bring both hands towards each other to slightly cross in front of the body (think ‘tight hug’)
7. Return to the starting position

**WOODCHOP**

Classification 2, BP

Lateral lunge pattern with trunk rotation – target muscles: internal and external obliques, deltoids and quadriceps, glutes and adductors to a lesser degree

1. Position pulley so it is at the top of the cable.
2. Using a soft handle, place hand that is nearest to cable on the bottom and outside hand goes on top.
3. Assume standing set-up posture with a wide stance and keep both arms extended (soft elbow) – maintain this strong triangular position of the arms.
4. Start by loading all weight on to the leg that is closest to the cable.
5. Initiate movement in the legs by shifting the hips laterally, and simultaneously pull hands in a downward diagonal movement.
6. Allow torso to twist as arms move across the body.
7. Finish with all weight transferred onto outside leg.

**HORIZONTAL WOODCHOP**

Classification 2, BP

Trunk rotation – target muscles: internal and external obliques, deltoids and quadriceps, glutes, and adductors to a lesser degree

1. Position pulley so that is slightly under the height of the shoulders.
2. See tips 2. and 3. above
3. Assume standing set-up posture with a wide stance and maintain a strong isometric contraction of the arms and legs
4. Initiate force from the abdominals and arms and rotate the torso – allow the hips to follow the rotation.
REVERSE WOODCHOP
Classification 2, BP
Squat pattern with rotation – target muscles:
quadriiceps, glutes, internal, external obliques, deltoids
1. Position pulley so it’s at the bottom of the vertical adjustment.
2. See tips 2 and 3 above
3. Assume standing set-up posture with a wide stance then lower into a squat position ensuring that feet, knees and hips are facing forward.
4. Initiate movement by extending the knees and hips then rotate the trunk and simultaneously lift arms diagonally up and away from the cable.
5. Allow a natural weight transfer from one leg to the other occur.

LUNGE PRESS
Classification 2,3, U
Lunge with unilateral push pattern – target muscles:
quadriiceps, glutes, pectoralis major, tricep brachii
1. Adjust pulley so that it is set slightly lower than shoulder height.
2. Grasp a handle in a semi-supinated grip so that the cable is tucked between body and arm.
3. Keeping arm tucked next to body, face away from the cable, assume standing set-up posture position but in a lunge stance (keep core activated as the cable has tension and will tend to pull you backwards).
4. Ensure that feet, knees, hips and torso are all facing forward.
5. From the lunge position, press the handle forwards as the body ascends
6. Finish with the hand in a pronated position.

LUNGE PULL
Classification 2,3, U
Lunge with unilateral pull pattern – target muscles:
quadriiceps, glutes, latissimus dorsi, bicep brachii
1. Adjust pulley so that it is set slightly lower than shoulder height.
2. Face cable and grab handle in a semi-supinated position – keep elbow bent and handle close to body to set-up.
3. Step backwards from the cable and position yourself in a lunge set up stance (keep core activated as the cable has tension and will tend to pull you forwards).
4. Start with the arm extended and ‘set’ the shoulders.
5. Ensure that feet, knees, hips and torso are all facing forward.
6. Lower body into a lunge position.
7. As body ascends, pull cable into towards the body, keeping the hand in a semi-supinated position.
TUBING AND BAND EXERCISES

Tubing and bands are available in different resistances which are usually colour-coded. A tube with handles has been used in the following exercises but the same exercises can be performed without handles or with bands. Bands are the preferred option for securing around the trunk as in the resisted push-up.

SQUAT WITH SINGLE ARM PRESS

Classification 1, BP
Squat with unilateral push pattern – target muscles: quadriceps, gluteals, deltoid, trapezius, triceps brachii

1. Grasp one handle of the tube and place both feet (shoulder width apart) on the tube allowing enough tubing to lift the handle overhead.
2. Squat down with the arm in the start position of a shoulder press ensuring that the hand is positioned slightly anterior to the shoulder and the tubing is behind the hand and arm.
3. Perform the up phase of the squat and press the handle straight up – the tube will be very tight in this up position.
4. Bring hand back to shoulder position keeping tension on the tube before initiating next squat.

BENT OVER ROW

Classification 2, BP
Bilateral pull pattern – target muscles: posterior deltoid, mid trapezius, rhomboids and to a lesser degree, latissimus dorsi

1. With tube flat on ground, stand hip width apart on top of the band equidistant from the middle.
2. Grasp the right handle with left hand, and grasp left handle with right hand.
3. Keeping knees soft, and spine neutral, bend forward at the hips to get into start position.
4. Engage the core muscles to isometrically hold trunk still throughout movement.
5. Hold handles in an overhand grip.
6. Perform a wide rowing action in this bent-over position.

SEATED ROW CLOSE GRIP

Classification 1, BP
Bilateral pull pattern – target muscles: latissimus dorsi, bicep brachii

1. Sit on the ground with legs extended in front keeping the knees slightly bent.
2. Wrap tube around feet in order to get the correct resistance.
5. Pull handles towards body, allowing the elbows to shave past the ribs.
STANDING SINGLE ARM ROW

Classification 1
Unilateral pull pattern – target muscles: latissimus dorsi, bicep brachii

1. Place one foot on the tube about one third from a handle then step back with the other foot into a comfortable lunge position; feet, knees, hips and torso facing forward.
2. Bend over and with the opposite hand to front foot, grasp the handle in a semi supinated grip then return to an semi-upright position, set the shoulders and activate the core.
3. Starting with an extended arm, pull the handle towards the ribs allowing the elbow to ‘shave’ past the ribs then slowly release.
4. Either place the hand of the other arm above the knee for support or allow it to move freely in opposition to the movement.
5. Alternatively, you can secure the tube to a stable object such as a rail.

LUNGE PULL

Classification 2
Lunge with unilateral pull pattern – target muscles: quadriceps, glutes, latissimus dorsi, bicep brachii

1. Place one foot on the tube about one third from a handle then step back with the other foot into a lunge position; feet, knees, hips face forwards.
2. Bend over and grasp the handle with the opposite hand to front foot, then return to an upright position, set the shoulders and activate the core.
3. With the arm extended, lunge down then on the up phase, pull the handle towards the ribs – place more weight on the front foot and emphasise the contraction of the gluteus maximus of the front foot.
4. Allow non-working arm to move freely in opposition
5. Alternatively, you can secure the tube to a stable object such as a rail.

LUNGE PRESS

Classification 2
Lunge with unilateral push pattern – target muscles: quadriceps, glutes, pectoralis major, tricep brachii

1. Fix one end of tube to a partner or a stable object behind you.
2. Face away from fixed end of tube and grasp handle so that the tube is tucked between the body and arm.
3. Keep arm tucked in, step forward into a lunge stance (keep core activated as the tube has tension on it and will tend to pull you backwards).
4. Ensure that feet, knees, hips face forwards.
5. With the hand in a pronated position, press hand forwards from body so that the arm reaches full extension while keeping the elbow soft.
6. Allow non-working arm to move freely.
RESISTED PUSH-UP
Classification 2, BP
Push pattern – target muscles; pectoralis major, tricep brachii
1. In a kneeling position, position the band around the back of the chest and hold the ends – perform a forwards press to check you have enough length to complete the movement.
2. Using either a half push-up (on knees) or full push-up (on toes), anchor the band to the floor with your hands.
3. Perform ‘push-up’ against the resistance of the band.

MEDICINE BALL EXERCISES
These weighted balls range from 1 to 8kg and vary in size between a volleyball and a basketball. Some variations come with handles which are very handy!

SQUAT PRESS
Classification 1, BP
Squat with bilateral push pattern – target muscles: quadriceps, gluteals, deltoid, trapezius, triceps brachii
1. Hold medicine ball at the chest (ensure that torso remains erect to counter the weight of the ball).
2. Squat down, and as body ascends press medicine ball above head.
3. Bring medicine ball back to chest on lowering before initiating next squat.

LUNGE WITH ROTATION
Classification 3, BP, U
Dynamic lunge with rotation – target muscles: quadriceps, gluteals, internal and external obliques
1. Hold medicine ball at front of chest and stabilise trunk to counter the weight of the ball.
2. Step forward into lunge set up stance.
3. Lower body into full lunge position and simultaneously rotate torso to the same side as the front leg - hips should still remain facing forward.
4. Rotate torso back to neutral position before initiating the ascent of lunge.
For a harder variation, incorporate travelling lunges
MED BALL PUSH-UP
Classification 3, BP, U
Push pattern – target muscles: pectoralis major, tricep brachii
1. Use either a half push-up (on knees) or full push-up (on toes) and place one hand on top of medicine ball.
2. Engage the core muscles strongly in order to isometrically hold body in a neutral position.
3. Push weight forward over hands so that the mid chest is directly in line with hands.
4. Lower body towards ground then push up while keeping the ball still.

REVERSE WOODCHOP
Classification 2, BP
Squat pattern with rotation – target muscles: quadriceps, glutes, internal and external obliques, deltoids
1. Assume standing set-up posture with a wide stance then lower into a squat position ensuring that feet, knees and hips are facing forward – hold medicine ball to the outside of the knee.
2. Initiate movement by extending the knees and hips then rotate the trunk and simultaneously lift arms diagonally upwards.
3. Allow a natural weight transfer from one leg to the other occur.

STEP AND BENCH EXERCISES
Steps and benches are versatile pieces of equipment with a myriad of exercise options. You can approach the step from many directions – on-top, behind and side-on.

STEP UP (weighted and unweighted)
Classification 1,2,3, U
Linear stepping pattern – target muscles: calves, quadriceps, gluteals
1. Adjust step height to that the knee flexion/extension is achievable and client can lift/lower with good technique.
2. If holding dumbbells, keep them to the side of the thighs during the movement.
3. Face the step and step up onto one foot then step up with the other foot transferring the weight to this foot.
4. Then step down with the first leg followed by the other leg – keep the feet hip-width apart whilst stepping.
5. Repeat this process with the same leg for a number of repetitions before swapping to the other leg.
**LATERAL STEP-UP**

**Classification 2, U**

Lateral stepping pattern – target muscles: calves, quadriceps, gluteals

1. Stand side-on to the middle of the step.
2. Step one foot onto the platform (check whole foot is on the step) and leave enough space for the other foot.
3. Use a small squat movement to help step up with the other foot.
4. On ascending, laterally move the body and transfer all the weight to the top foot.
5. Allow a natural drive movement of the arms (this will help with balance).
6. Step down with both feet and repeat.

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**FRONT LEG LUNGE ON STEP**

**Classification 2 U**

Lunge pattern – target muscles: calves, quadriceps, gluteals

1. Place one foot on top of step and other foot behind the step with the heel raised.
2. Ensure that feet, knees, hips and torso are all facing forward.
3. Slightly lean onto the top foot; keep the spine neutral.
4. Perform a static lunge pattern – arms can move naturally to assist with balance.

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**FRONT LEG LUNGE KNEE WITH PRESS**

**Classification 3, BP, U**

Dynamic lunge pattern with push pattern – target muscles: calves, quadriceps, gluteals, deltoids, trapezius, triceps brachii

1. Repeat steps 1 and 2 above
2. Hold dumbbells in a semi-supinated position next to shoulders.
3. Slightly lean onto the top foot; keep spine neutral.
4. Perform the lunge pattern and as body starts to ascend, shift body weight onto the top foot and lift back leg up into a knee raise while pressing dumbbells overhead.
5. Master the lunge knee prior to adding the dumbbell press.
BACK LEG LUNGE ON STEP
Classification 2,3, U
Lunge pattern – target muscles: calves, quadriceps, gluteals
1. Face away from step and place the toes of the back foot on top of step.
2. Ensure that feet, knees, hips and torso are all facing forward.
3. Slightly lean onto the grounded front foot; keep spine neutral.
4. Perform a static lunge pattern – arms can move naturally to assist with balance.
5. This movement is similar to the Bulgarian Split Squat.

SINGLE LEG SQUAT
Classification 2,3, U
Unilateral squat pattern – target muscles: calves, quadriceps, gluteals
1. Stand on top of step.
2. Ensure that feet, knees, hips and torso are all facing forward.
3. Lift outside leg off the step – this is the leg that will move towards the ground.
4. The top leg bears all weight – ensure that the knee is in line with the second toe and that the hips remain level and square.
5. Perform a single leg squat – outside leg will lower towards the ground then lift.

INCLINE PUSH-UP
Classification 1, BP
Push pattern – target muscles: pectoralis major, triceps brachii
1. Assume prone posture with hands on edge of step about 1 ½ times shoulder width.
2. Using either a half push-up (on knees) or full push-up (on toes), position body so that the mid chest is directly in line with hands.
3. Lower body towards step then push up.
FITBALL EXERCISES

The fitball is a stability training device which helps strengthen the ‘core’ muscles of the trunk. The unstable nature of the ball encourages the interaction and co-contraction of the deep spinal muscles (transverse abdominus, internal oblique and multifidus). It can also be used as a support and seat.

FITBALL SQUAT

Classification 1
Squat pattern regression – target muscles: quadriceps, gluteals
1. Start with fitball placed between body and the wall.
2. Fitball should be placed slightly lower than the scapulae.
3. Maintain an upright position, avoid leaning back into the ball.
4. Initiate squat movement by lowering body towards the ground then stand.

FITBALL SEATED BALANCE

Classification 1, U
Whole body stabilisation – target muscles: major stabilisers of the body, particularly trunk stabilisers
1. Choose the ball size that allows your knees to be slightly lower than your hip joints.
2. Sit on fitball with feet slightly wider than hip width apart.
3. Ensure spine is neutral, arms to side of body and head facing forward.
4. When balanced, lift one leg slightly off the ground, while maintaining a neutral position through the body.

DECLINE PUSH-UP

Classification 3, BP
Push pattern – target muscles: pectoralis major, trunk stabilisers, triceps brachii
1. Assume prone posture with feet on top of step and hands on the floor about 1 ½ times shoulder width.
2. Engage the core muscles strongly in order to isometrically hold body in a neutral position.
3. Push weight forwards so the mid chest is directly in line with hands.
4. Lower body towards ground and push up.
FITBALL SUPINE BRIDGE
Classification 1,2, BP, U
Hip extension – target muscles: quadriceps, gluteals, and numerous stabilisers
1. Start by sitting on top of ball, with feet slightly wider than hips.
2. Hold onto fitball with hands then slowly start to walk feet away from body, while simultaneously rolling the spine onto the fitball.
3. Continue walking feet away from body until only neck and shoulders remain on fitball.
4. Lower hips towards the ground, while minimising any roll of the fitball and lift up focusing on squeezing the buttocks.
5. Keep hips square throughout the movement.

FITBALL HAMSTRING CURL
Classification 2, BP, U
Hip extension/knee flexion – target muscles: hamstrings, gluteals, erector spinae group and core stabilisers
1. Lie supine on ground with feet on top of fitball.
2. Hands are placed next to body, palms turned up.
3. Lift hips off ground until fully extended.
4. Strongly hold this position while rolling ball in towards the buttocks and out again.
5. It is important that the movement is smooth and controlled.

FITBALL PUSH-UP – FEET ON BALL
Classification 2,3, BP, U
Push pattern – target muscles: pectoralis major, triceps brachii, core stabilisers
1. Lie prone on the fitball with hands on the floor in front of fitball and slowly walk hands forward until just the shins and feet are in contact with the fitball.
2. Position hands so they are 1 ½ times wider than shoulders; set the scapula and soften the elbows.
3. Engage the core muscles strongly in order to isometrically hold body in a neutral position.
4. Conduct a normal ‘push-up’ motion.
FITBALL PUSH-UP – HANDS ON BALL
Classification 3, BP, U
Push pattern – target muscles: pectoralis major, triceps brachii, core stabilisers
1. Start in a prone position with hands placed wide on the fitball.
2. Engage the core muscles strongly in order to isometrically hold body in a neutral position.
3. Squeeze hands into the fitball, then lower body toward ball in normal ‘push-up’ manner.

FITBALL CRUNCH
Classification 2, U
Trunk flexion – target muscles: rectus abdominus
1. Start by sitting on top of ball, with feet slightly wider than hips.
2. Hold onto fitball with hands then slowly start to walk feet away from body, while simultaneously rolling the spine onto the fitball so that you assume a supine position on the fitball.
3. Place hands across chest with a slight chin tuck.
4. Using a slow and controlled tempo, curl body up and down.

FITBALL BACK EXTENSION
Classification 2, U
Trunk extension – target muscles: erector spinae group, gluteals, scapula retractors
1. Lie prone over fitball so that hips are on apex of ball.
2. Place feet so that they are slightly wider than hip width apart.
3. Arms kept next to body; palms facing thighs.
4. Keeping neck in a neutral position, extend trunk until upper body is in line with lower limbs.
5. As body moves upwards externally rotate the arms.
BOSU EXERCISES

BOSU® stands for ‘Both Sides Utilised’ as exercises can be performed on either the flat side or dome side. It provides an unstable surface and is neurologically demanding hence well-suited to balance training. The flat side up is ideal for shoulder stability training e.g. push-ups, and core stability with standing balances, squats and lunges. The dome side up is ideal for trunk exercises and for athletic drills and aerobic activities.

BOSU SET-UP – FLAT SIDE UP

- Tip the BOSU to one side then hold this side with one hand and place a foot on low side of BOSU
- When stable, place the other foot onto the high side.
- Maintain balance, push weight onto the high side foot and move into a standing position keeping the BOSU parallel to the floor.

STANDING BOSU BALANCE

Classification 2,3, U
Balance and stabilisation – target muscles: all major stabilisers
1. Stand with feet slightly wider than hip width apart on flat side of BOSU.
2. Soften knees slightly.
3. Keep feet, knees, hips and torso aligned and facing forward.
4. Try to avoid any tipping or movement of BOSU.
5. Add arm movements to challenge balance.

For a challenge, try a single leg balance – place one foot directly over the centre of BOSU.

BOSU SQUAT

Classification 2, BP, U
Squat pattern – target muscles: quadriceps, gluteals, trunk stabilisers
1. Stand with feet slightly wider than hip width apart on flat side of BOSU (can also be performed on the dome).
2. Soften knees slightly.
3. Keep feet, knees, hips and torso aligned and facing forward.
4. Hands just in front of body to assist balance.
5. Perform normal squat pattern while trying to minimise movement of the BOSU.
BOSU LUNGE
Classification 2, U
Lunge pattern – target muscles: quadriceps, gluteals, trunk stabilisers
1. Place one foot on top and in centre of BOSU.
2. Ensure that feet, knees, hips and torso are all facing forward.
3. Slightly lean into the load leg while keeping torso neutral.
4. Conduct lunge pattern as per normal.
5. Allow a natural ‘driving’ movement of the arms.

For a challenge, try the Back Leg BOSU Lunge where you face away from the BOSU and place the back foot on top of BOSU and front foot on floor.

BOSU LUNGE KNEE
Classification 2,3, U
Dynamic lunge pattern – target muscles: quadriceps, gluteals, trunk stabilisers
1. Place one foot on top and in centre of BOSU.
2. Ensure that feet, knees, hips and torso are all facing forward.
3. Lean into the front leg, while keeping torso neutral.
4. Conduct lunge pattern as per normal.
5. As body ascends from lunge all load is transferred onto front leg, and back leg follows through into full hip and knee extension.
6. Allow a natural ‘driving’ movement of the arms.

BOSU PUSH-UP
Classification 2, BP. U
Push pattern – target muscles: pectoralis major, triceps brachii, trunk stabilisers, shoulder stabilisers
1. Grasp both sides of BOSU using the hand holds.
2. Push weight forward over body so chest is directly in line with hands.
3. Perform push-up while minimising any BOSU movement.
**BOSU PLANK**  
Classification 2,3, BP, U  
Advanced stabilisation – target muscles: trunk stabilisers, shoulder stabilisers

1. Place hands shoulder width apart on top of BOSU.  
2. Push body weight forward so hands are in line with chest.  
4. Soften elbows and ensure they are facing back.  
5. Hold this position for the desired amount of time while minimising any movement of the BOSU.

For a challenge, try a BOSU Plank Tick-Tock by moving the BOSU through the different ‘hands’ of a clock.

**BOSU LEAPS**  
Classification 3, U  
Dynamic lateral pattern – target muscles: quadriceps, gluteals, adductors, numerous stabilisers

1. Place one foot on top of BOSU.  
2. Lower body into a squat position.  
3. Using arms to help initiate movement and balance, propel the body up and across the BOSU – during the leap, there will be a foot exchange on top of the BOSU.  
4. Land softly back into a squat position on the other side of the BOSU – ensure that all joints are aligned when landing.

**BOSU JUMPS**  
Classification 3, U  
Dynamic jumping pattern – target muscles: quadriceps, gluteals, numerous stabilisers

1. Stand hip width apart on top of BOSU.  
2. Lower body into a squat position.  
3. Using arms to help initiate movement and balance, propel body upwards so feet leave the BOSU.  
4. Land softly back into a squat position – ensure that all joints are aligned when landing.

**BOSU AB CURL**  
Classification 2, U  
Trunk flexion – target muscles: rectus abdominus

1. Lie supine so that the back is extended over the BOSU.  
2. Knees bent and feet flat on the ground.  
3. Place hands across the chest and maintain a slight chin tuck.  
4. Using a slow and controlled tempo, curl body up and lower down.