HOW TO IMPROVE YOUR SIT-UPS

BY MICHAEL CROSS, OWNER/HEAD COACH

THE BARRACKS GYM

COMMON REASON'S WHY YOU'RE STILL STRUGGLING WITH YOUR SIT-UPS.

We've helped thousands of applicants just like you train for and help pass the sit-up component of the PFA. The main reason's for not being able to pass the sit-ups are:

1. You can't feel your abs working.
2. You're lacking variation in your training.
3. You aren't doing volume training.

1. YOU CAN'T FEEL YOUR ABDOMINAL MUSCLES WORKING

When conducting sit-ups during training it's essential to feel the muscles working as opposed to just going through the motions of raising up and lowering back down.

By not feeling your stomach muscles contract during sit-ups you leave yourself open to the possibility of using incorrect muscles which leads to fatiguing quicker.

When practising sit ups try and squeeze your abs at the top of each repetition for 3 seconds before lowering back down instead of just flopping your body up and down. Your abs will burn quicker but at least you know you will using the right muscles.

2. YOU'RE LACKING VARIATION IN YOUR TRAINING

It's not uncommon for people to hit a plateau when training sit ups. With that in mind it's essential to mix up your sit up training.

Don't hesitate to add other sit up variations into your weekly training program.

Here are some sit up variations to add into our programming.
- Curl ups
- Reverse crunches
- Hollow body hold
- Hanging knees to elbows

3. YOU AREN'T DOING VOLUME TRAINING.

The sit up test in the PFA is assessing your muscular endurance. In order to assess muscular endurance your muscles need to be under tension for an extended period of time.

In order to train your body to be able to conduct the higher number of sit ups required for the PFA you need to be adding in several, higher repetition sets into your weekly training program.

Try this:
Accumulate as many reps in 60sec as possible
Rest 60sec
x 5

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