This issue marks the second part of a three part series, Operation Living Fit. This month we will continue to discuss how to Maximize the APFT (Army Physical Fitness Test). On page #67 of GX 2.6 we provided you one of our weekly arms and chest exercise routines. We have received great reviews from this program!

BySGTKenWeichert

Maximizing the Sit-up Event

I have always been known for speaking my mind, especially when it comes to a Soldier’s health. Now that I have said that, I wanted you to know that I do not use the full Sit-up in any of my fitness lesson plans for my Soldiers or my Civilians. Why? In many cases, the full Sit-up is a bit harmful to the lower back and hips. However, it is a great exercise to gauge the extent of overall abdominal strength, which is precisely why it is still used in the APFT.

The 1/2 Sit-up

Also called the Abdominal Crunch.

Although the full Sit-up is the best exercise to help you improve your Sit-ups while taking the APFT, the 1/2 Sit-ups will help you a great deal without the unwarranted strain on the lower back and hips.

Start: Lay down on your back with your both legs together bent 90-degrees at your knees. Place your heels on the ground and point your toes upward. Interlock your fingers and place your hands behind your head.

Finish: Raise your upper body until your shoulders blades come off of the ground and return to the start position.

Warning: Do not pull on your neck with your hands. Keep your elbows wide and your chin pointing toward the sky during the entire exercise.

The Box and Reach

A two-movement exercise.

Lay down on your back with your arms and legs pointing upward with your feet flexed. Elevate your shoulders slightly. Start the exercise by reaching over the outside of your left thigh with both arms. Next, return to the start position and reach over the outside of your right thigh with both arms. Reaching on both sides completes one repetition of this exercise.

The Sit-up

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