



## TRAINING ZONE

PRESENTED BY



# SIT-UPS

### ► DRILL OVERVIEW

- Core control is essential to the game of wheelchair basketball for control of your chair, accuracy in shooting and passing, speed and keeping your body in training condition. No matter your level of core strength, using a conditioning program that includes core stabilization and strengthening is important for every player.

### ● BEST PRACTICES

- When sitting up, be sure to bring your shoulders off of the floor.
- Vary the pace and number of repetitions to increase strength as you perform sit-ups.

### ★ MODIFICATIONS

- If you cannot sit-up completely, contract your abdominal muscles as much as you can and hold for 3-4 seconds. Lower yourself and repeat.
- Use weighted object with arms extended to make sit-ups more challenging.
- You can also make sit-ups more challenging by performing the exercise more slowly to reduce momentum of movement.

### ▲ SAFETY TIPS

- Place a soft towel or pad under your hips to soften contact with the floor and reduce skin irritation.