

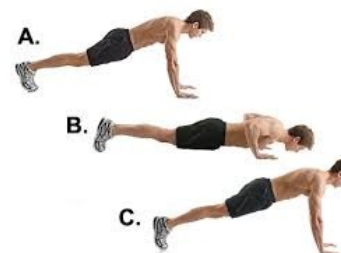
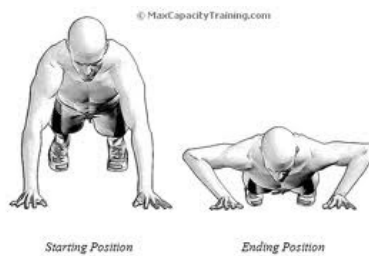
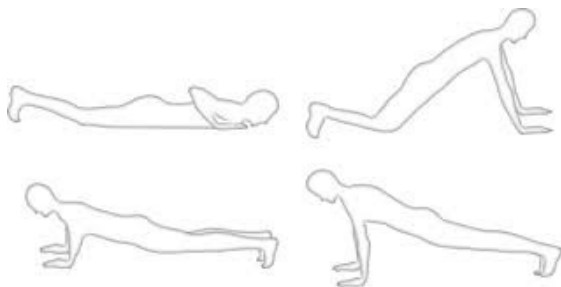
Preliminary Studies:
Reference Pictures:
Sit up



Notes:
 3 Distinct stages
 Back Curves Slightly
 Head stays inline with shoulders
 Arms Curve inwards
 Feet at roughly 2 1/2 distance away
 Forward motion slow at top
 Fast and 1/2 speed control down
 face forward at all times
 Buttocks slightly moves with motion



Push Up:



Notes: Keep in one line, Head and buttocks at same level, Shoulders rounded.

