

**V Leg Seated Sit Up**

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- Sit on the floor with your back supported against a wall or couch, your legs spread to a V shape
- Make sure you are sitting upright, not sitting on your low back
- Tighten your abdominal muscles, then slowly roll forward using your abs to move your upper body forward. You must keep your abs tight to get the benefit of this exercise
- Roll slowly back to the start position
- Repeat the desired number of repetitions
- This exercise works best when you sit about 6-8" from the couch, leaning backwards to begin. This allows you to move over a larger range of motion
  
- To get the most out of your workout, aim for 1-3 sets of 12-15 repetitions

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**Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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