Bent-knee Sit-up

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Well-conditioned abdominals are especially important for athletes involved in contact sports as strong abdominals offer protection to internal organs when they are contracted. The abdominal muscles also act as stabilizers when attempting large mass exercises such as squats, deadlifts and power cleans, and may help alleviate back problems by providing better support for the low back.

The abdominal muscles include the rectus abdominis, the external oblique, the internal oblique and the transverse abdominis. Functionally, these muscles are involved in trunk flexion, lateral trunk flexion, trunk rotation and compression of the abdominal cavity. Anatomically, the abdominals extend from the xiphoid process and the cartilage of the fifth and seventh ribs to the lower border of the pelvic girdle at the pubic crest and symphysis pubis (1). Any time this distance is shortened against resistance, the abdominals are utilized.

Bent-knee sit-ups develop general abdominal strength and are commonly used for strengthening and testing the rectus abdominis and measuring overall abdominal muscle endurance. The following guidelines are recommended by the NSCA for testing and evaluating abdominal endurance in athletes.

Reference