

Overhead sit up rotation 03387



Tips

Secure the feet under a support with the legs slightly flexed. A pair of dumbbells or a barbell may be used to place the feet under as an alternative.

Start with the hands above the head & raise the torso off the floor. Rotate the torso in both directions for the prescribed time or repetitions.

Try to keep the arms straight & parallel.

A weights plate or medicine ball can be used as an alternative form of resistance.

Cautions

Control both phases of the exercise & do not jerk the movements.

Prime Movers

[Internal oblique](#)
[External oblique](#)
[Rectus abdominis](#)
[Psoas major](#)

Related Exercises

[Decline sit up rotation shoulder press 03327](#)
[Overhead sit up rotation 03388](#)

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