

MODIFIED PULL-UPS

POSSIBLE FORM BREAKS:

1. BODY NOT STRAIGHT
2. ARMS NOT IN FULL
EXTENSION
3. ARMS NOT TO 90 DEGREES
4. REST, SIT OR PAUSE
5. BUTT TOUCHES THE
FLOOR

FLEXED-ARM HANG

POSSIBLE FORM BREAKS:

**-CHIN TOUCHES THE
BAR**

**-HEAD TILTS
BACKWARDS**

-CHIN BELOW THE BAR

SIT AND REACH

POSSIBLE FORM BREAKS:

1. KNEE BENDS
2. HEAD DOWN
3. FOOT FLAT ON THE
FLOOR MOVES
4. HANDS NOT EVEN

CURL-UPS

POSSIBLE FORM BREAKS:

1. HEAD NOT TOUCHING THE
FLOOR
2. ELBOWS PUSHING
3. FEET LIFTING
4. CANNOT KEEP UP THE
PACE
5. GRABBING OF THE LEGS
6. SWINGING OF ARMS

7. PUSH-UPS

POSSIBLE FORM BREAKS:

1. ELBOWS NOT AT 90°
2. BACK NOT STRAIGHT
(BUTT HIGH)
3. ARMS NOT FULLY
EXTENDED
4. NOT FOLLOWING
CADENCE OR START TO
REST