

# **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**