

Appendix F

Contraindicated and Alternative Exercises

Contraindicated exercises

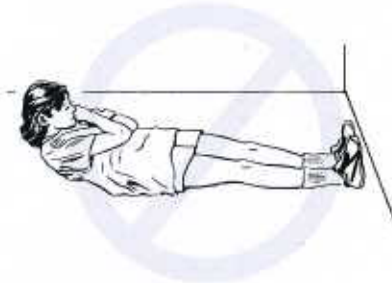
Alternative exercises



Deep knee bends



Right-angle knee bends



Straight leg sit-ups



Curl-ups



Hands behind the neck sit-ups



Curl-ups

ILLUSTRATION CREDITS:

DEEP KNEE BENDS
STRAIGHT LEG SIT-UPS
RIGHT-ANGLE KNEE BENDS
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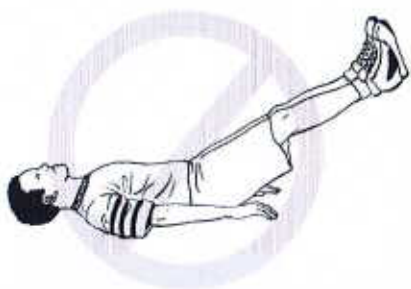
CURL-UPS
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HANDS BEHIND THE NECK SIT-UPS
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Sources: Dangerous Exercise Task Cards. Cerritos, CA: Bonnie's Fitware Inc., 2007. Fitness Task Cards. Cerritos, CA: Bonnie's Fitware Inc., 2007.

Contraindicated exercises

Alternative exercises



Double leg lift



Curl-ups



Shoulder stand

Not needed



The plough

Not needed



Standing side bends



Seated side bends

ILLUSTRATION CREDITS

DOUBLE LEG LIFT
SHOULDER STAND
THE PLOUGH
STANDING SIDE BENDS
SEATED SIDE BENDS
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Contraindicated exercises

Alternative exercises



Arm circles



Across-arm stretch



Windmill



Back saver sit-and-reach



Cherry pickers



Back saver sit-and-reach

ILLUSTRATION CREDITS

ARM CIRCLES

WINDMILLS

CHERRY PICKERS

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ACROSS-ARM STRETCH

BACK SAVER SIT-AND-REACH

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