

Bodyweighthealth.com

NO SIT L SIT V SIT

Get Gymnastic Strength
Quickly Learn To Do An
L-sit



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The report does contain language that some might find offensive read at your own risk.

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Introduction –

Welcome to NO SIT, L SIT, VSIT, inside this report I am going to show you how you can progress from minimal abdominal strength to the ability to be able to do an L sit and then onto a V sit. I am writing this so that you can learn the quickest training methods and time efficient methods for gaining functional strength and learning L sits and V sits without injuring yourself in the process.

I should start by saying these are some very intense moves and apply a lot of stress to the body so it is important to take the stages slowly and only move on to the next stage when you are physically ready and able. You might be disappointed by the fact that it can take you months and even years to train to do an V sit (depending on the amount of training YOU put in), however as said earlier it is key not to rush, you will be surprised how quickly you can actually learn to do a successful L sit, And once learnt will be surprised how much fun it is to perform even if you're desire is ultimately a V sit.

If you have had no experience with basic gymnastic moves, Then you will see how quickly you can learn to hold a solid L sit for 10 seconds plus. With consistent training you can easily increase your functional strength and can be on your way to holding a solid L sit in 6 weeks.

Why 6 weeks? I believe that this is the minimal amount of time required to gain enough functional strength without injuring yourself in the process. Yes it can be learnt in less time although you might be pushing it.

What you are going to learn to do:

The two bodyweight gymnastic moves that you are going to learn are the L sit and the V sit as shown below.



Harry doing an L sit



Jamie doing a V sit

Building the L sit has multiple stages, the V sit also has multiple stages but can be considered an extension of the L sit, so when you can hold an L sit you already half way there.

Tips:

Stretching -

Stretching is key when it comes to doing an L sit and V sit, you need to be versatile and supple in order to be able to flex and hold the correct positions. You may have done exercise before and never really considered stretching that important, which to be honest is fair enough. However I challenge you to do a stage of an L sit (however far you might be) without stretching and then stretch and do the L sit again and tell me it wasn't easier or that you didn't see an improvement.

You should now see just how important stretching is as it allows you to extend your body into positions you otherwise may not have been able to reach. When performing high intensity exercises that cause strain on your entire body stretching is also important as it helps to prevent cramp.

When doing the various stages outlined in this report at some point you will likely feel cramp in a part of your body, a common place for me is in my left thigh. Just re-stretch and try again or call it a day, don't overwork and injure yourself.

How much practise really? –

So here is the question, how much practise have you really done today? By this I mean if you want to improve you are going to have to put in a solid amount of uninterrupted time learning to L sit and V sit.

Oh no you say, but I get distracted easily. Not a problem as we also have an action plan for you to download which will help you outline when you are going to practise. Having a monthly/weekly plan is essential otherwise you can just easily skip a day and say I will catch up another day, but most people including me don't. So keep a plan!

Other tips for practising for a solid amount of time are: turn off all electronic distractions, mobiles, facebook, twitter, your whole computer. If you get rid of all distractions it makes you concentrate fully on your current task. This allows you to see quicker improvements and gains as you are fully absorbed in what you are doing.

I know this paragraph will be slightly contradicting myself however, if you are one of those people who just doesn't want to turn off your computer yet still wants to put in a solid amount of time, then this link might be useful to you <http://e.ggtimer.com/20minutes> It is basically a timer which when the input time runs out it sounds an alarm, I find it is an excellent way to stay focussed. To ensure you do stay focussed with this method close all tabs etc. whilst training.

When first starting out you will of course have limited strength, however this shouldn't stop you from putting in a solid block of practising time. When just starting, 10minutes of uninterrupted time will be more than adequate.

Another thing to note is when I say a solid block of practising time I don't mean just doing the exercise, this also includes the time spent stretching. Spend 10 – 20 minutes stretching then try to complete the outlined task e.g. tuck sit – 5s 3 reps.

Stretching stages –

In order to accomplish the various stages with ease and without injuring yourself you are going to want to do some stretches. When stretching don't rush, you want to stretch the various muscles for a minimum of 20 seconds.

Legs:

The first stretch and a quite obvious one, touch your toes. When doing this you want your legs slightly spread at shoulder width, then bend down and reach as far down as possible. In order to improve at this stretch you want to relax your whole body and have your arms in a straight locked position. Next every time you breath out, you want to aim to lower yourself and reach slightly lower. Repeating this really helps in touching your toes.

- Legs shoulder width
- Reach as far down as possible
- Relax your whole body
- Every time you breath out aim to lower yourself slightly more



Touch toes

The next stretch is the thigh stretch, this will really help to loosen and relax your leg muscles like the previous stretch, which will make holding an L sit easier. To do this stretch you want to balance on one leg or if you can't balance on one leg for a minimum of 20 seconds you will want to hold onto something. Next raise your leg behind you having your hand hold your foot in place behind you. Next pull with your hand and relax your leg, you should feel a stretch along your thigh. If you don't feel the stretch try tensing your thigh muscles and repeating. Or move your leg into a slightly different position. Do this for both legs.

- Balance on one leg – keep whole body straight
- Raise your leg behind you and support it with your hand
- Pull with your hand



Thigh Stretch

Next is a stretch for the hip flexors, a hip flexor lunge. This stretch some of you may consider pointless, and to be honest I did too until I tried it and found that it did help when holding an L sit, It made it just that slight bit easier. Take a step forward and lean onto your front knee keeping it 90 degrees to your ankle. Your other leg should be out behind you and the top of the foot touching the ground. Rest your hands on your front knee and keep the weight off of your back leg by using your abs.

- Keep your front knee at a 90 degree angle
- Top of back foot touching ground
- Use your abs to keep weight off of your back leg



Hip Flexors

The next leg stretch is an extended squatting leg stretch, everyone knows what this is you see footballers doing it all the time. In order to do this you should extend one leg out behind you keeping your leg and toes straight. Your other leg should be bent and your toes should be bent inward slightly. You then lower yourself to the ground and rest your hands on your leg.

- Leg straight toes pointing outward
- Other leg bent
- Lower to the ground
- Rest hands on knee



Leg stretch

For this stretch find somewhere to sit down with legs straight out in front of you. Point your toes forward and relax your legs. Lean forward as far as possible and try to reach your toes, tuck your head in and down to help increase the distance you can reach. If you cannot reach your toes then simply extend your fingers and reach as far as possible. If you have someone with you then have them lightly apply pressure to the top of your back to help with the bend.

- Legs straight out in front of you
- point your toes
- lean forward
- reach as far as possible



Touch toes

Arms/shoulders:

The bicep stretch, to do this you want a wall or a tree or some kind of obstacle that you can apply force to. Next you want to stretch your arm outward and lock it. Place your hand against the obstacle and turn your body opposite the obstacle until you feel a stretch.

- Find an obstacle to apply pressure too.
- Lay your hand against it at shoulder height
- Rotate your body away from the arm until you feel a stretch



Shoulder stretch

The shoulder pull almost everyone knows. To do this stretch extend one arm across your body horizontally. Next raise your other arm vertically and use your palm or wrist to apply pressure to the elbow joint. This helps to loosen the shoulder and muscles around it.

- Arm to be stretched horizontally held across body
- Pressure applied vertically from the palm with other arm



Shoulder pull

This next stretch isn't so key to an L sit or V sit however does help. What you want to do is rotate your arms forward and then backward ensuring to keep them straight. This helps to loosen your shoulder joints and make them more flexible.

- Arms start pointing upward
- Rotate all the way round
- Twist your body in order to keep your arm straight



Shoulder rotation

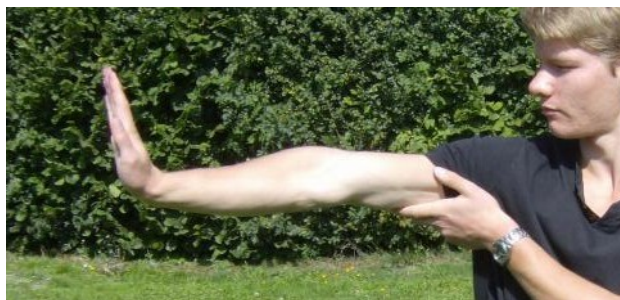
Another shoulder and arm stretch, clasp your hands behind your back, one arm from below going behind you and one from above going behind your neck. Try to reach the position where your hands meet. If you cannot reach this position then you have a few options. You can just reach as far as you can and feel the stretch there, because the more you repeat stretches the further you will be able to reach. Or you could incorporate the use of a towel, this uses the exact same principle as previous except instead of your hands meeting they grasp the towel.

- One arm above and behind
- One arm below and behind
- Reach as far as you can



Arm stretch

This stretch also applies to the wrist. This is very simple all you do is hold your arms out to the side of you, lock them, and hyper extend. You want to also bend your wrists up. You can also push your shoulders back to feel a stretch there as well. This helps to apply pressure to your arms etc. before applying any real force to them.



Hyper extend

Wrists:

A wrist stretch, you will want to stretch your wrists as they are where most of your bodyweight will be concentrated and supported when doing these exercises. To do this stretch bend your wrist down and use your other hand to gently push against it. Then bend your wrist up and apply pressure with your other hand again, repeat this for your other wrist. You have probably done this stretch before, it really helps to stop your wrists stiffening up. If you really want to loosen your wrists then freely move your hands in a circular motion. To do this clasp your hands together and move them back and forth and in any direction. The gripping of the hands makes sure that you don't stretch your wrist too far.

- Bend wrist down and up
- Apply force with hand
- Clasp hands
- Move hands back and forth (circular motion)



Wrist pull



Wrist rotation

You might be thinking wait, but you haven't stretched other parts of your body like the abdominal area. Well that's actually okay as it doesn't need stretching when it comes to L sits and V sits, by all means do if you want to as it will help however it is not fundamental. The main stretching should definitely be on the legs as this is where you will initially get cramp.

Stages:

When doing these exercises you will want either a set of parallel bars, some parallel bars to use (from your local park). Or if push comes to shove a chair or set of chairs with flat edges. You can also use a worktop or counter or the floor to support your own weight however this is a lot harder and not ideal as we want your hands to be working by your sides which a counter cannot always provide.

Tuck sit:

The first stage of learning to do an L sit is a tuck sit. To start off you will support yourself on your parallel bars, raise your legs so as your knees are parallel to the floor, arms locked straight and head facing forward. Your legs should be together, your toes should be pointed and your arms should not touch your body. Your back should be vertical and your shoulders should be over your hands.

Once you can achieve this your body will be strong enough to move onto the next stages. You don't want to stay on a specific stage for too long as your body easily adapts to the exercises you are doing, therefore in order to gain the functional strength you need you have to keep challenging yourself. I also think you will find achieving the first stages quite easy as your body will be shocked into quickly adapting as your body is not as advanced as a gymnast's who's body is already developed and therefore would take longer to develop.



Harry performing a tuck sit

High tuck sit – hips forward

This stage is a variation on what you have just learned however is quite a lot harder but helps to increase your strength. For this stage do as explained in the previous stage however extend your hips forward slightly keeping your back straight and shoulders in line with your hands. Your hips should ultimately end up slightly in front of your hands, This will be achieved through small increments. Your legs should also be raised and tucked to your chest, just this raising of the legs can prove to be quite a challenge so take your time. You want to again aim to hold this for 10 seconds quite easily.



Harry performing a High Tuck Sit

Extended sit:

This is probably one of the stages that take the longest as you are gaining the strength to slowly extend your legs. With this stage you want to hold the bars (or supports) and have your arms locked and straight, your shoulders should again be in line with your hands. Your back should be straight and your head should be neutral and looking forward (not tucked into your chest). Your toes should be pointed. Now for the main difference, you want to extend your legs out in front of you. You only want to extend them a small amount so each time you can easily support yourself. With each increased increment you will extend your legs slightly further. Depending on the height you're working at this can work in two ways. If you have the height to let your legs hang below you then you can raise your legs in a straight and locked position and slowly raise them up to parallel. If however you have the height of parallel then you will want to continue from your legs tucked in however instead of having them tucked to your chest just extend them slightly. Keep increasing the increments until your legs are parallel.



Harry performing an Extended tuck sit



Harry performing an extended sit

Quick tip: when practising this stage especially, remove your shoes. This is because the weight of your shoes combined with the extending of your legs makes for added weight in an dis-advantaged position. So removing them decreases the added weight and makes it that slight bit easier when learning.

L sit

So your legs are practically parallel, well guess what you're holding an L sit. There are a few points I will make about holding an L sit. When you first start holding the L sit because of the disadvantaged leverage your back will likely be slightly arched, this is fine. To therefore increase the intensity of the L sit you should straighten your back.

As long as you are following the guidelines in the previous stages you will be successfully and correctly holding an L sit.



Harry performing an L sit



Jamie performing an L sit on Gymnastic rings

L sit – hips forward

The next stage after being able to hold a successful L sit for a length of time (Time lengths and aims are covered in the progress planner) is to extend your hips forward as in the high tuck sit – hips forward. To do this hold an L sit and push your hips forward whilst maintaining a strong grip and straight locked arms.



Jamie performing an extended L sit

The elusive V sit:

To do a V sit you want to start out in an L sit, next you want to push your hips forward like in the previous stage and you want to also raise your legs. You will want to do this again in small increments.

Because a V sit is intense and puts strain upon your body you will want to practise going from an L sit into a **raised tuck sit**, this is where you bend your legs slightly and raise them as high up to your chest as possible and hold it for as long as you can. You then go back into an L sit and repeat. This helps to condition your body for holding a V sit.



Jamie performing a V sit

Progress planner:

We have designed a progress planner for you to also download; this will help you to plan out your training and aims such as holding a certain stage for 3 reps of 10 seconds before moving on. The plan will break down your training in to weeks, and days. Take note that we encourage you to change the plan around to suit your needs specifically, it will not work for everyone, and at the moment is very intense which not everyone will want. If you find the guide to intense for instance and there are not enough rest days then feel free to add one in. It doesn't mater if it takes you longer to achieve the goals, work the plan around you. Just make sure you stretch before each workout session!

Conclusion:

I think by following the system laid out for you in this guide any normal non gymnastic person (like me) will be able to attain some of the feats they do along with their strength. It will take time, however like anything with consistent training you will be able to achieve it. Just apply yourself, 95% of people fail because they don't apply themselves.

And on a last note if people wonder what you are doing feel free to tell them, if they criticise you and tell you there is no point then in the words of Tim Ferris " F*ck 'em there are no statues erected to critics" Good luck all!



Jamie performing a straddle sit

Check out our website devoted to bodyweight fitness and muscle gain at:
<http://www.bodyweighthealth.com>