

# SSC FIC PRACTICAL EXAMINATION: FLEXIBILITY EXAMPLE



Items	Action	Description
<b>Name Exercise</b>	Identify	Standing Abdominal Stretch
<b>Name muscles involved</b>	Identify	Rectus abdominis
<b>Technique &amp; Form (Explain and demonstrate)</b>  <b>*Demonstrate proper technique with a resistance that is adequate to elicit training effect</b>	Before	While standing in a split stance with knees bent, interlace your fingers and lift both arms overhead. Ensure that the trunk and shoulders are stable as you move your hands as close to the ceiling as possible. Make sure that you are not looking upwards but forward.
	During	Hold this posture for 12-15 seconds as you continue to breathe regularly. Ensure that your back is not hyperextended and your knees not locked.
	After	Once the time is up, bend at the elbows and shoulder to return arms to the original position. Unlock fingers and place hands by the side of your hips.
<b>Safety</b>	Precautions	Avoid ballistic movements so as not to cause acute injury in the neck. Do not hyperextend your back so that you have less chance of acute low back pain.
<b>1x Alternative Dynamic Exercise</b>	Identify & demonstrate	Repetitive and slightly quicker movement as described above.
<b>1x Alternative Static Exercise</b>	Identify & demonstrate	The same stretch but done in supine.