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**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

**Exercise The Right Way – The Bent–Knee Sit–Up**

**By Rick Mitchell**

**Exercise The Right Way – The Bent–Knee Sit–Up by Rick Mitchell**

In this article we'll take a close look at the bent–knee sit–up.

MUSCLES TARGETED: rectus abdominis

STARTING POSITION

UPWARD MOVEMENT

DOWNWARD MOVEMENT

Bodybuilding Advice

to learn

more about the issues covered in this article.

**Knee Pain Factors! Prevention Better Than Cure!**

**By Carrie A.Hall**

<http://KneePain.eabout.info>



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