

Sit Ups



Muscle Group: Core (abdominals) | **Sets & Reps:** 3x10 | **Equipment:** Body Weight

Instructions

1. Sit on a mat with your knees bent and feet on the ground. Keep your knees and feet together.
2. Lay back with your arms across your chest.
3. Using your core muscles, pull your body up to a seated position and pause at the top.
4. Slowly return to the ground.
5. Repeat 10 times (3 x 10).

Tips & Modifications

- Keep your back straight while sitting up and back down.
- Keep your feet on the ground.
- If needed, have your partner hold your feet.
- Beginner Tip: Try curl ups first, with arms by your side and curl up towards your feet.



Click here or scan the QR Code below to watch video instructions!

