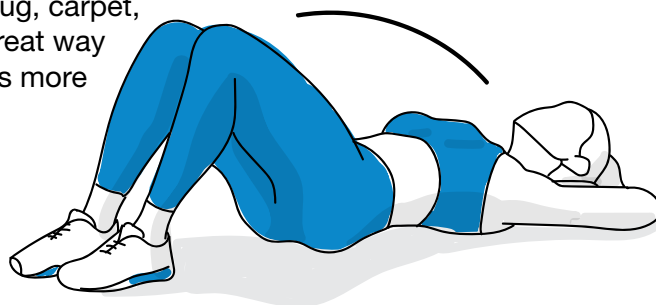


HOW TO DO A SIT-UP

Lie on a soft surface with your back to the ground, and your knees bent. If you don't have an exercise mat, a rug, carpet, or grass can be a great way to make your sit-ups more comfortable



Get into position.

Depending what works for you, you can cross your arms over your chest, hold your arms parallel to your sides, or touch your fingertips to your ears.

Lift yourself to your thighs.

Slow, smooth and steady is key to engaging your core. Your lower back should lift off the floor with your torso close to your thighs.

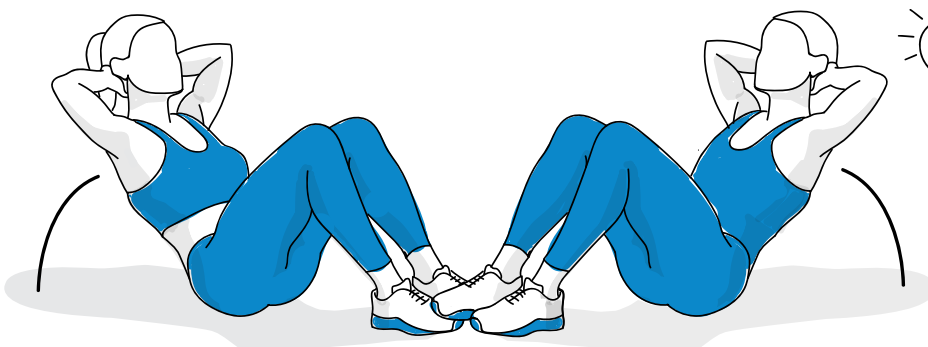


Listen to your body! If you feel any strain, slow down and check-in.



Lower yourself back to starting position.

Nice and slow, you should feel your stomach engaging to support your back on the way down.



If you're crunching with a friend, you can interlock your legs to help keep your feet flat on the ground.

Crunching solo? You can move your feet under a chair or bench to keep them from rising up.

Get your reps in!

Once you've found your form, sets of 10-15 over the course of the day is a great way to space out your 45 sit-ups.



Up for a challenge? Add a twist, bringing opposite elbows to knees, or holding a weight crossed on your chest.

Safety tips

- Take care not to strain your neck
- Keep your feet firmly on the floor
- If you experience any pain, get in touch with your GP

SIT-UP
45
CHALLENGE