Title: Sit-ups

Primary Muscle Groups: Abs

Secondary Muscle Groups:

Summary: <ol>

<li>Lie with knees bent and feet flat on the floor. You can have someone hold your feet or place them under something to keep them steady.</li>

<li>Place your hands behind your head, elbows pointing out.</li>

<li>Engage your abs and lift your head, neck and shoulders up. Pretend you are holding a small ball under your chin.</li>

<li>Hold and then return to starting position.</li>

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