

SITUPS

Work towards doing 2 to 3 sets of 10 to 15 repetitions, three to five days per week. Build up slowly, especially if you're just starting to work on your core strength.

Traditional situps

1. Lie on your back with bent knees and your feet anchored.
2. Tuck your chin into your chest to lengthen the back of your neck.
3. Interlace your fingers at the base of your skull, cross your arms with your hands on opposite shoulders, or place your palms down alongside your body.
4. Exhale as you lift your upper body up toward your thighs.
5. Inhale as you slowly lower yourself back down to the floor.

Benefits:

- 1. Core strength**
- 2. Improved muscle mass**
- 3. Athletic performance**
- 4. Better balance and stability**

5. Increased flexibility

6. Improved posture

7. Reduced risk of back pain and injury

8. Diaphragm strengthening

9. Academic achievement