

## Sit Ups



**Description:** 1 LIE ON YOUR BACK ON THE FLOOR, BEND YOUR KNEES 90 DEGREES, and plant your feet flat. Tuck your chin slightly toward your chest. Raise your arms off the floor so that they're parallel to your body and pointing toward your feet.

2 KEEPING YOUR FEET AND BUTT ON THE FLOOR, RAISE YOUR TORSO OFF THE FLOOR and toward your thighs, coming up as far as you can (it's OK to let your lower back come off the floor). The movement should be smooth; don't jerk. Reverse the motion to return to the starting position. That's one rep.

**Sets/Reps:** 3 sets of 10-15 repetitions.

**Common Mistakes:** letting the feet lift off of the floor, pulling on the head with hands

**Target Muscles:** rectus abdominus, internal/external obliques

**Modifications:** arms crossed over chest, hands cupped behind the ears, legs straight

*If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.*

