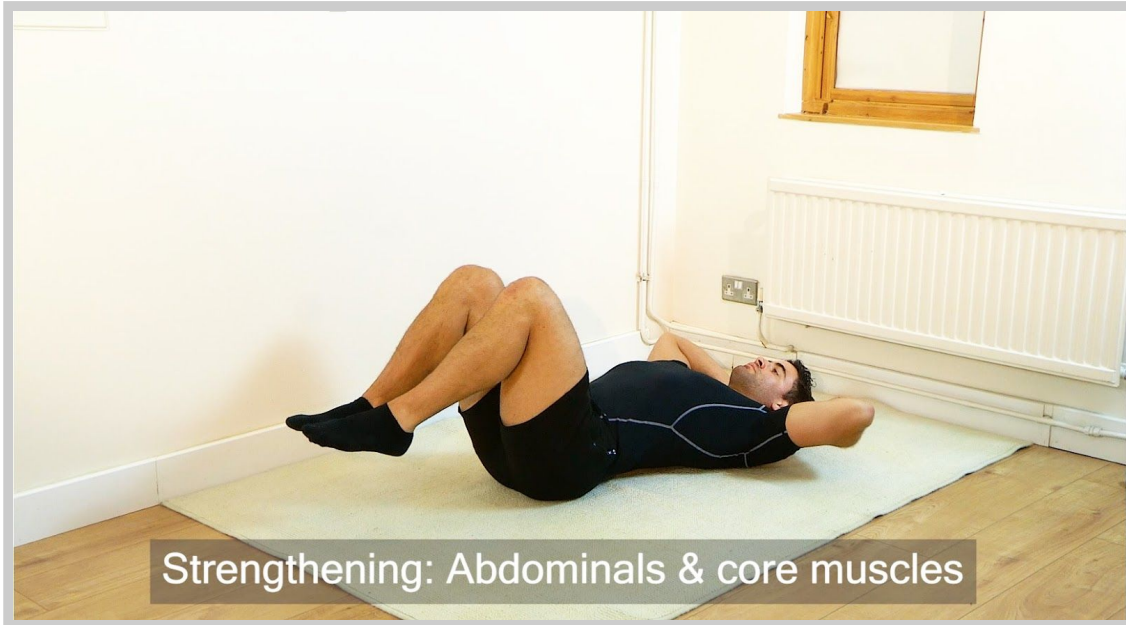


SIT-UPS

CORE88



Strengthening: Abdominals & core muscles

AREAS AFFECTED

Abdominal muscles
The core muscles
(several)

ADVICE

Lie on your back. Bend knees and hips. Interlock both hands and place them behind your head or neck. Attempt to raise your upper torso. Hold briefly, rest and repeat.