



UCSU

Home Training Kit

SIT UPS

Difficulty rating:



Pro Tip:



Lie on the floor facing the ceiling. Bend your knees & keep your feet flat on the floor. Bring your finger tips to your ears. Engage you core & lift your upper body towards your knees. Then return to the start position. If this is too much have your arms straight and reach for your knees instead.



Hot Spot:

Trunk



Reps and Sets:

3 sets of 10 reps

