



Your 4-week sit-up challenge

Target your mid-section and build a strong core with these sit-up variations.



1 Half sit-up

Lie on your back, knees bent, feet flat on the floor. Lightly support your head with your hands. Keep your chin tucked in. Engage your core and slightly lift your shoulder blades. Inhale on the way up, exhale on the way down.



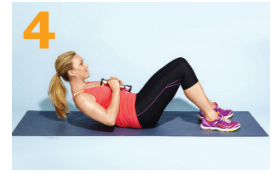
2 Standard sit-up

Lie on your back, knees bent, feet flat on the floor, arms by your sides. Keep your arms straight and focus on a point beyond your knees. Lift your shoulder blades off the floor to a 45-degree angle, breathing in. Lower, breathing out.



3 Twisted sit-up

Starting in a regular sit-up position, lift your shoulder blades up and twist to the right, aiming your left shoulder at your right knee. Lower and repeat the twist on the opposite side.



4 Weighted sit-up

Start in a regular sit-up position. Hold a weight in front of your chest – the heavier the weight, the harder it will be. Lift your shoulder blades off the floor to a 45-degree angle, breathing in. Lower, breathing out.

WEEK

	Half sit-up	Standard sit-up	Twisted sit-up	Weighted sit-up
MON	1-3 sets sit-ups 30-seconds*	1-3 sets sit-ups 30-seconds	1-3 sets sit-ups 30-seconds	1-3 sets sit-ups 30-seconds
TUE	1-3 sets sit-ups 30-seconds	1-3 sets sit-ups 30-seconds	1-3 sets sit-ups 30-seconds	1-3 sets sit-ups 30-seconds
WED	2-4 sets sit-ups 45-seconds	2-4 sets sit-ups 45-seconds	2-4 sets sit-ups 45-seconds	2-4 sets sit-ups 45-seconds
THU	2-4 sets sit-ups 45-seconds	2-4 sets sit-ups 45-seconds	2-4 sets sit-ups 45-seconds	2-4 sets sit-ups 45-seconds
FRI	Rest day	Rest day	Rest day	Rest day
SAT	3-5 sets sit-ups 60-seconds	3-5 sets sit-ups 60-seconds	3-5 sets sit-ups 60-seconds	3-5 sets sit-ups 60-seconds
SUN	3-5 sets sit-ups 60-seconds	3-5 sets sit-ups 60-seconds	3-5 sets sit-ups 60-seconds	3-5 sets sit-ups 60-seconds

*"Sit-ups 30 seconds" means do as many sit-ups as you can in that amount of time. As always, check with your doctor before starting any new workout routine, and always warm up and cool down. If week 1 is too easy, skip to week 2. That said, if you feel you're not ready to move on, repeat a day or a week.