



THE WORKOUT CHALLENGE

SITUPS

Meet your Situps Personal Trainer –

Blessings Chilufia
from F45 fitness



Situps are great for improving core strength and toning your abs.

How to

1. Start by lying on your back with your legs bent at 90 degrees (knees over hips).
2. Place your hands gently resting on the back of your thighs.
3. Use your core to curl forward so that your head, shoulders, and upper back lift up off the ground and towards knees as elbows bend outwards.
4. Lower back a few inches and then forward (pulsing).

Butterfly Situps (slightly advanced)

1. Begin by lying on your back and bring your feet into a butterfly position.
2. Activate the muscles in your core and sit up, avoiding the use of your legs as a lever for momentum.
3. Touch the ground by your feet, then lower yourself back down while still keeping tension in your abs instead of just collapsing back.
4. Reach your arms back and tap the ground by your head.
5. Repeat for a complete set.

Progressing it

To make the move more challenging, bring hands behind head, cross arms over chest, or extend them straight out on either side

Things to watch

1. Never pull on your neck up when doing a sit-up
2. Focus on balance and stiffness
3. Breathe in when you go down and breathe out when you go up



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