

SIT-UPS

Build Strength - Massage your Internal Organs - Support the Spine

Beginner Arms over head	Intermediate Arms crossed on chest	Advanced Arms crossed over head
Level 1 	On a chair 	
Level 2 	With help 	
Level 3 		

Beginner _____ 10 to 20 reps
Intermediate _____ 21 to 30 reps
Advanced _____ 31 to 50 reps