**Sit-ups – How to**

Questions

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| 1.Which muscle group do sit-ups target? | 2.Name three things to consider if doing a good sit-up |
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| 3.Which bit of the situp has the most benefit? | 4.Name 3 types of situp exercises |
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| 5.The standard situp – which specific muscle area is targeted? | 6.Which specific muscle area is targeted with straight leg sut-ups? |
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| 7. What other exercise (NOT sit-up related) could you do to target this muscle group?  | 8.How could you make situps easier? |
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| 9.How could you make Situps harder? |  |
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Please hand to your coach, or photograph / scan and email it to; info@LeicesterJuJitsu.co.uk