

Sit-ups – How to

Questions

1. Which muscle group do sit-ups target?	2. Name three things to consider if doing a good sit-up
3. Which bit of the situp has the most benefit?	4. Name 3 types of situp exercises
5. The standard situp – which specific muscle area is targeted?	6. Which specific muscle area is targeted with straight leg sit-ups?

7. What other exercise (NOT sit-up related) could you do to target this muscle group?	8.How could you make situps easier?
9.How could you make Situps harder?	

Please hand to your coach, or photograph / scan and email it to;
info@LeicesterJujitsu.co.uk