

## Sit-ups (Crunches)

**The correct sit-up technique (shown in the video) is as follows:**

1. To start, your legs must be bent at 90 degrees and your feet are either flat or with heels on the ground. Your feet can be either held or anchored.  
It's simpler:
  1. For your "helper" to stand, with the balls of their feet firmly placed (not crushing) on your forefoot. Works best if you both wear shoes.
  2. To wedge your toes under something firmly anchored, like the bottom of an armchair or sofa.
2. Keep your arms straight with the palms of your hands on top of your legs. Your chin should be as close to your chest bone as comfortable.  
This chin position also help reduce strain on your back.
3. To sit-up, keep your hands in contact with your legs until your wrists come to the top of your knee caps. When your wrists reach this position, lower to the start position.  
This should take 3 seconds and is counted as one sit-up.

Relevant stomach muscle strength is deemed to be similar in males and females, therefore the age goals are identical as follows:

Age	Sit-ups (number)
25 and under	70
26-30	65
31-35	57
36-40	50
41-45	30
46-50	20
51 and over	15

### WARNING

This exercise tones/improves your stomach muscles .... **it is NOT a weight loss strategy.**

If you are overweight, any sort of "crunch" creates excessive pressures in the abdominal cavity and serious back strain can also occur.

Please reduce excess weight (improve your BMI) before attempting this exercise.