

Monthly Health Challenge: Sit Up Challenge

Would you like to flatten your belly and start working towards getting those hard crushing abs? Well you can start with the sit-up challenge, an abdominal exercise that works on your core. As you perform this sit-up challenge, your core will get stronger enabling you to lift heavier weights and run longer.

How to perform the perfect Sit-Up:

1. Lie on your back with your knees bent and your feet flat on the floor.
2. Place your finger tips behind your ears. Pull your shoulder blades back so your elbows are out to the side.
3. Raise your body up towards your knees, shoulders should be lifted off the floor.
4. Move back down to the starting position and repeat.



*If you have any back pain while performing this move, use a gym ball to support your spine. To make the sit-up more challenging, you could add a twist (have your elbow touch the opposite knee), add weights, or slow your reps down.

For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 (E) 10 (C) 12	2 (E) 12 (C) 18	3 (E) 15 (C) 24	4 (E) 18 (C) 30
5 (E) Rest (C) Rest	6 (E) 20 (C) 36	7 (E) 5 (C) 42	8 (E) 40 (C) 48	9 (E) 45 (C) 54	10 (E) Rest (C) Rest	11 (E) 50 (C) 66
12 (E) 55 (C) 72	13 (E) 60 (C) 78	14 (E) 65 (C) 84	15 (E) Rest (C) Rest	16 (E) 70 (C) 90	17 (E) 75 (C) 96	18 (E) 80 (C) 102
19 (E) 85 (C) 108	20 (E) Rest (C) Rest	21 (E) 90 (C) 120	22 (E) 95 (C) 126	23 (E) 60 (C) 132	24 (E) Rest (C) 138	25 (E) Rest (C) Rest
26 (E) 65 (C) 150	27 (E) 70 (C) 156	28 (E) 72 (C) 162	29 (E) 75 (C) 168	30 (E) 80 (C) Rest		