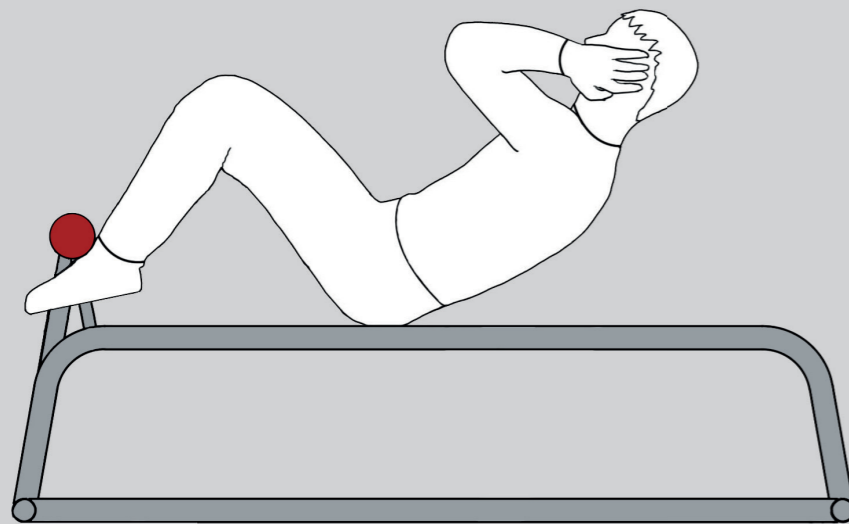


Sit-Up Bench

playfit® Training Options



BASIC

🕒 12 -15 repetitions 2 - 3 times

Lie down on the reclining surface with your legs bent. Lift your upper body slowly and steadily towards your knees and back down again. Keep your arms down by the sides of your body.

INTERMEDIATE

🕒 12 -15 repetitions 2 - 3 times

For a more challenging workout, keep your hands crossed over your chest as you do the exercise.

ADVANCED

🕒 12 -15 repetitions 2 - 3 times

Holding your arms up at each side of your head gives your body even more of a workout. Your elbows should be bent and as far away from your head as possible.

VARIATION: Clasping your hands behind your head, perform a twisting movement (left elbow to right knee, right elbow to left knee). In order to keep your muscles tensed, your upper body should only touch the reclining surface once you have finished the exercise.

STRENGTH