



How many curl-ups can you complete in 1 minute?

Equipment Needed:

- Timer

Rules:

- Lie on your back on the floor. Bend your hips and knees so that your feet are flat on the floor.
- Reach your arms towards you knees
- Lift your head and then slowly lift your upper back until you touch your knees with your arms
- Try and get your shoulder blades completely off the ground.
- Pause and then slowly lower all the way back down, including your head.
- Repeat for one minute.



Modifications:

- Sitting in a chair:
 - Sit up tall with your spine straight, pressing your lower back against the back of your chair, and pull your belly button in toward your spine to engage your core muscles and shoulder pulled back.
 - Cross your arms across your chest.
 - Curl your shoulders, head and chest toward your thighs, trying to get your elbows as close to your thighs as possible
 - Straighten your spine and come back to the starting position.