

# STATION SIX

## Senior School Circuit Training

Six



### Sit Ups

*Lie on the ground, keeping your knees bent and the feet on the mat. Your hands should be held at the back of your head.*

*Lift your head and shoulders off the mat, making sure the feet remain on the ground.*

*Remain in the air with your abdominal muscles tightened for 1 to 3 seconds and return to your initial position.*

*How many can you do before the whistle sounds?*

