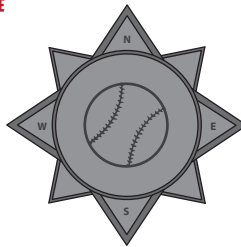


PROPER SIT-UPS AND PUSH-UPS

My friend, it's inevitable - at some point in your life some evil person will inflict you with Physical Education (P.E.). And insist that you do sit-ups and push-ups. And here's the thing, people who don't know how to do them, do tend to get laughed at. So, as cruel as it may sound, we are going to whoop this skill.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Do ten good sit-ups and ten good push-ups (or as many as you can. Just make sure your form is good.) five days in a row with your parents watching you.

LEVEL F

PERIOD 6

TASK 4

Sit-ups:

1. You are going to start lying flat on your back with your knees bent and pointing up towards the ceiling.
2. Now, while you are lying there, put your hands next to your face, some people lightly hold their ears.
3. Next, with all your strength, sit up, trying to keep your feet on the floor. Keep going until your elbows touch your knees, and then lower yourself back down. Repeat.

Push-ups

1. Lie flat on your tummy, your feet should be toes downward touching the floor.
2. Place your hands so they are right by your shoulders. Now, keeping your body totally straight, push and straighten your arms until you have raised yourself up as far as your arms can go. Slowly lower yourself to the ground. Repeat.

