# SIT UPS, PLANKS OR CRUNCHES?

## BENEFITS

### SIT UPS
- Target your abdominal muscles and hip flexors

## DRAWBACKS

### SIT UPS
- Compression forces on the discs and vertebrae of the spine
- Repetitive loading

## BENEFITS

### PLANKS
- Targets six core muscles of the abdomen and benefits legs
- Limits compression forces on the discs and vertebrae of the spine
- Do not require as great a range of motion

## DRAWBACKS

### PLANKS
- Joint limitations in the elbows, shoulders, or feet can negatively affect your ability to correctly perform the exercise
- Weak core musculature will make it hard to maintain proper positioning

## BENEFITS

### CRUNCHES
- Involves six primary core muscles of the abdomen as well as muscles in the leg
- Limits compression on the discs and vertebrae of the spine
- Do not require as great a range of motion

## DRAWBACKS

### CRUNCHES
- Doesn't address the other core muscles, such as the obliques and muscles in the lower back (lumbar erectors)
- Places stress on the spinal column
- Can create strain on the neck or cervical spine