

# SIT UPS, PLANKS OR CRUNCHES?

## BENEFITS

## DRAWBACKS

### SIT UPS

Target your abdominal muscles and hip flexors

Compression forces on the discs and vertebrae of the spine

Repetitive loading

### 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

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

### 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

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