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while sitting? Aside from sitting ab exercises we've already discussed like modified crunches and Russian twists, you can also fidget in your chair. Fidgeting simple means jiggling your leg, tapping your foot, and basically anything else that causes you to move around while sitting.[12] Will doing 100 sit-ups a day give me abs? Doing 100 sit-ups a day can definitely tone your ab muscles and improve your muscular endurance. That said, doing sit-ups alone usually won't give you visible 6-pack abs. You'll need to work your different ab muscles and also lose fat on your body to see a 6-pack.[13] Thanks Thanks Advertisement Thanks Advertisement This article was co-authored by Landis Owens. Landis Owens is a Personal Trainer and the Owner of Almighty Personal Training Studio in Tempe, Arizona. With over 15 years of experience in the health and fitness industry, Landis specializes in weight loss, nutrition, and core and strength training. Landis received a football scholarship to Mesa Community College where he studied Engineering and Sports and Exercise. He is an ISSA Certified Personal Trainer and also holds certifications in Nutrition, Youth Sports, Injury Stay Free, and CPR. Landis also competes in bodybuilding competitions. This article has been viewed 728,035 times. Co-authors: 18 Updated: February 24, 2025 Views: 728,035 Categories: Abdominal Exercises Print Send fan mail to authors Thanks to all authors for creating a page that has been read 728,035 times. "I'm early in the recovery stage, and was looking for a routine of gradual core-strengthening exercises to move toward my previous level of workout. Both sets of exercises gave me guidance and direction to get back on the path to recovery from my injury."..."