

You should be a little stronger than you were a couple of weeks ago and able to complete considerably more sit-ups than your initial test.

- If you managed 21 - 30 sit-ups in the latest test, follow column 1.
- If you completed between 31 & 40, column 2 is for you.
- More than 40 consecutive sit-ups? Excellent! You'll be following column 3.

If you're struggling with the program, don't lose heart. Some people will still be doing less than 21 consecutive sit-ups, but this is ok. Just repeat the week you struggled with until you're strong enough to move on to the next level - I promise it will be worth your while!

<i>week 3: pick the appropriate column depending on your latest test results</i>			
DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	21 - 30 sit-ups	31 - 40 sit-ups	> 40 sit-ups
SET 1	15	18	21
SET 2	18	25	27
SET 3	11	19	21
SET 4	11	19	21
SET 5	max (at least 14)	max (at least 25)	max (at least 30)
COMPLETED THIS WORKOUT? GO LOG IT AT SIT-UPS LOGGER!			
DAY 2			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	15	21	30
SET 2	18	28	38
SET 3	12	21	23
SET 4	12	21	23
SET 5	max (at least 18)	max (at least 28)	max (at least 38)
COMPLETED THIS WORKOUT? GO LOG IT AT SIT-UPS LOGGER!			
DAY 3			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	17	24	33
SET 2	20	32	42
SET 3	14	23	30
SET 4	14	23	30
SET 5	max (at least 20)	max (at least 32)	max (at least 45)
COMPLETED THIS WORKOUT? GO LOG IT AT SIT-UPS LOGGER!			

Hopefully you made it safely through the third week and you're ready to move on to **Week 4**. Keep up the great work - you're halfway through the program and well on your way to performing two hundred consecutive sit-ups.