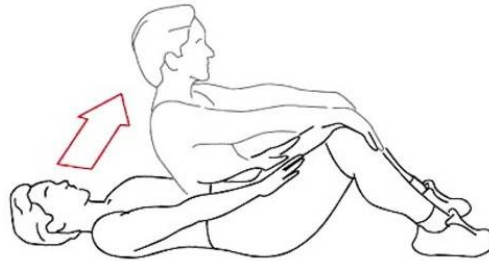


ENDURANCE TEST – SIT UP



Purpose

This test is done to measure core muscle endurance and strength

Procedure

1. Have the client lay supine with their feet flat against the ground in a 90 degree angle at the knees.
2. Another person (either you or another client if it is a group) should kneel next to their feet while placing one arm over the top of both knees as a guide.
3. Both of the client's arms should be extended out in front. Ensure that the back is fully against the ground while engaging the core.
4. One sit up consists of the client engaging their core to sit up to touch the top of your arm, and then return back down.
5. Have the client perform as many proper sit ups as possible within a timed minute.

Equipment

- A stopwatch
- A mat

Results

The number of correctly completed sit ups is recorded. If the client loses proper form, it does not count.

Use the chart below as a guide of their ability.

Male

Age ▶	18-25	26-35	36-45	46-55	56-65	65+
Excellent	>49	>45	>41	>35	>31	>28
Good	44-49	40-45	35-41	29-35	25-31	22-28
Above Average	39-43	35-39	30-34	25-28	21-24	19-21
Average	35-38	31-34	27-29	22-24	17-20	15-18
Below Average	31-34	29-30	23-26	18-21	13-16	11-14
Poor	25-30	22-28	17-22	13-17	9-12	7-10
Very Poor	<25	<22	<17	<13	<9	<7

Female

Age ▶	18-25	26-35	36-45	46-55	56-65	65+
Excellent	>43	>39	>33	>27	>24	>23
Good	37-43	33-39	27-33	22-27	18-24	17-23
Above Average	33-36	29-32	23-26	18-21	13-17	14-16
Average	29-32	25-28	19-22	14-17	10-12	11-13
Below Average	25-28	21-24	15-18	10-13	7-9	5-10
Poor	18-24	13-20	7-14	5-9	3-6	2-4
Very Poor	<18	<13	<7	<5	<3	<2

Result tables adapted from Golding, et al. (1986). The Y's way to physical fitness (3rd ed.)