



Lab A4-8 The 60-Second Sit-Up Test

Do not take this test if you suffer from low-back pain.

Equipment

1. Stopwatch, clock, or watch with a second hand
2. Partner to hold your ankles
3. Mat or towel to lie on (optional)

Preparation

Try a few sit-ups to get used to the proper technique and warm up your abdominal muscles.

Instructions

1. Lie flat on your back on the floor with knees bent, feet flat on the floor, and your fingers interlocked behind your neck (or cupped behind your ears). Your partner should hold your ankles firmly so that your feet stay on the floor as you do the sit-ups.
2. When someone signals you to begin, raise your head and chest off the floor until your elbows touch your knees or thighs, and then return to the starting position. Keep your neck neutral. Keep your breathing as normal as possible; don't hold your breath.
3. Perform as many sit-ups as you can in 60 seconds.

Note: The norms for this test were established with subjects interlocking their fingers behind their neck; your results will be most accurate if you use this technique. However, some experts feel that sit-ups done in this position can cause injury to the neck. If this is a concern, perform the test with your hands cupped behind your ears rather than behind your neck. Alternatively complete the curl-up test described later in this lab. If you perform sit-up with your hands behind your neck, take care not to force your neck forward, and stop if you feel any pain in your neck.

Number of sit-ups: _____

Rating Your Muscular Endurance

Refer to the table on the following page for a rating of your abdominal muscle endurance.

Rating: _____

LAB A4-8 (continued)**Ratings for the 60-Second Sit-Up Test**

Men	<i>Number of Sit-Ups</i>					
	<i>Very Poor</i>	<i>Poor</i>	<i>Fair</i>	<i>Good</i>	<i>Excellent</i>	<i>Superior</i>
Age: Under 20	Below 36	36–40	41–46	47–50	51–61	Above 61
20–29	Below 33	33–37	38–41	42–46	47–54	Above 54
30–39	Below 30	30–34	35–38	39–42	43–50	Above 50
40–49	Below 24	24–28	29–33	34–38	39–46	Above 46
50–59	Below 19	19–23	24–27	28–34	35–42	Above 42
60 and over	Below 15	15–18	19–21	22–29	30–38	Above 38

Women	<i>Number of Sit-Ups</i>					
	<i>Very Poor</i>	<i>Poor</i>	<i>Fair</i>	<i>Good</i>	<i>Excellent</i>	<i>Superior</i>
Age: Under 20	Below 28	28–31	32–35	36–45	46–54	Above 54
20–29	Below 24	24–31	32–37	38–43	44–50	Above 50
30–39	Below 20	20–24	25–28	29–34	35–41	Above 41
40–49	Below 14	14–19	20–23	24–28	29–37	Above 37
50–59	Below 10	10–13	14–19	20–23	24–29	Above 29
60 and over	Below 3	3–5	6–10	11–16	17–27	Above 27

Source: Based on norms from *The Physical Fitness Specialist Certification Manual*, The Cooper Institute for Aerobics Research, Dallas, Texas, revised 2002. Used with permission.