

## Sit-Up Fitness Test Instructions

The sit-up test measures muscular endurance of the abdominal muscles.

### Requirements

You will need a clear flat surface such as a gymnasium floor, plus a stopwatch for timing. You will also need an assistant to monitor the correct technique and record the results.

Procedure <https://youtu.be/eRgIYwQHHDg>

1. Perform a [warm-up](#) and practice the technique.
2. The participant starts by sitting upright with their knees bent, feet flat on the floor, and the arms across the chest.
3. Start in the up position, with the back in a vertical position.
4. When the timing starts, lower the back so the shoulder blades touch the floor, then return to the up position.
5. Repeat for one minute.
6. The total number of correct sit-ups in one minute is recorded as the score.
7. Compare the results to the norms below.

### Notes

- Any resting should be done in the 'up' position.
- This is just an example test protocol of a sit-up test. There are many ways you can perform a sit-up test (see variations below). When comparing to norms, make sure the test procedures match the technique used when creating the norms.

### What is a Good Score?

You should be aiming for at least 30 sit-ups in one minute. A result of 45 is very good.

Here are some norms for the 1-minute sit-up test.

**1 Minute sit-up test (Men)**

**Sit-ups (Boys)**

	Age												
Percentile	5	6	7	8	9	10	11	12	13	14	15	16	17
95	30	36	42	47	48	50	51	56	58	59	60	61	62
75	23	26	33	37	38	40	41	46	48	49	50	51	52
50	18	20	26	30	32	34	36	39	41	42	44	45	46
25	11	15	19	25	26	27	29	31	35	36	38	38	38
5	2	6	10	14	15	16	17	19	25	27	28	28	25

**Minute sit-up test (Women)**

**Sit-ups (Girls)**

	Age												
Percentile	5	6	7	8	9	10	11	12	13	14	15	16	17
95	28	35	40	44	45	47	50	52	51	51	56	54	54
75	24	28	31	35	36	39	40	41	41	42	43	43	44
50	19	22	25	29	30	32	34	36	35	35	37	37	37
25	12	14	20	22	23	25	28	30	30	30	30	30	31
5	2	6	10	12	14	15	19	19	19	20	20	20	20