

Sit-up Test

Test of abdominal muscle strength
and endurance

Equipment Needed

- Cadence CD/Program – 1 second down, 1 second up

Description

- Athletes complete sit-ups to predetermined cadence
- Athletes lie on their back and place their feet flat on the ground
- Partner holds feet down and counts reps for participating athlete
- Athlete places hands on the shoulders and activates abdominal muscles to lift the upper body off the ground
- Concentric portion of exercise is complete once elbows touch the knees
- Athlete slowly controls upper body back down to starting position
- Repeat until fatigue

Repetitions and Scoring

- Repetitions to be completed to predetermined cadence
- Only full reps are counted
- Reps are recorded to the whole number

DQ/Penalty

- Failure to complete 2 reps to cadence
- Excessive body swinging and lordotic curve

