

CURL-UP



OBJECTIVE:

Measure upper body muscular endurance

EQUIPMENT:

Recorded cadence: 20 curl-ups per minute (1 curl-up every 3 seconds)

1 TEST INSTRUCTION & EXECUTION:

Pair students together

- One student performs test, the other counts properly completed reps
- While kneeling at the head, student looking for full reps and proper execution

Proper curl-up position and execution

1. Supine position, head, feet, and arms flat on floor, knees bent, with outstretched arms and fingers
2. Feet should be as far away from buttocks as possible while still being flat on floor
3. Utilize marking on the ground as target for students to aim for with their fingertips
4. Lift upper body off of the ground while keeping feet and hands flat on the floor, and slide fingertips toward the designated marking to cadence
5. Lower upper body under control to starting position in a smooth and controlled fashion to cadence completing the rep
6. Repeat to cadence as many times as possible

2 SCORING

- ☑ 90° Curl-Ups are recorded by number completed
- ☑ Disqualification:
 - Students are disqualified after their 2nd correction (1 correction is allowed)
 - For all corrections, count the 1st rep, however discount the 2nd correction
 - Disqualification:
 - » Heels come off the floor
 - » Head doesn't return to floor on every rep
 - » Going out of cadence/resting/pausing
 - » Not reaching designated marking on floor

