

FULL SIT-UP TEST

The sit-up test requires the client to complete as many full-sits as possible in one minute. Again, testing the endurance of the spine flexors (rectus abdominis and external obliques), along with the hip flexors (psoas, iliacus, rectus femoris).

When conducting this test the trainer should:

- Have screened the client for any lower back or neck injuries prior to the test, if there are any positive responses then the test should not be performed.
- Ensure the client is lying in a supine position on a mat, with feet slightly apart and flat on the floor (20-30 cm from the buttocks), knees should be flexed. The client's arms should be crossed with hands placed on opposite shoulders, the trainer may lightly hold the client's ankles to prevent rocking.
- Ensure the client curls up to a vertical position, so that the elbows touch the knees. Before the client returns to the starting position, ensuring the client's shoulders touch the mat and that a bouncing movement is not being used.
- Ensure the client completes this sequence with correct technique each time for a minute, counting out loudly and encouraging the client throughout. The client may rest or pause during the test when required. Once the time limit is reached record the number of sit-ups completed and compare the results with the norms table below.

Males	Age					
	< 20	20 - 29	30 - 39	40 - 49	50 - 59	>60
Excellent	>49	>44	>39	>34	> 29	> 29
Above Average	44 – 48	39 – 43	34 – 38	29 – 33	24 – 28	24 – 28
Average	37 – 43	32 – 38	27 – 33	22 – 28	17 – 23	17 – 23
Below Average	24 – 36	20 – 31	16 – 26	12 – 21	8 – 16	8 – 16
Poor	<24	<20	<16	<12	< 8	< 8

Females	Age					
	< 20	20 - 29	30 - 39	40 - 49	50 - 59	>60
Excellent	>42	>36	>30	>24	> 18	> 18
Above Average	32 – 41	27 – 35	22 – 29	17 – 23	12 – 17	12 – 17
Average	25 – 31	21 – 26	17 – 21	13 – 16	9 – 11	9 – 11
Below Average	19 – 24	15 – 20	11 – 16	7 – 12	3 – 8	3 – 8
Poor	<19	<15	<11	< 7	< 3	< 3

Minute Sit-Up Test Norms ACSM 2006

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