

SIT-UP TEST

Purpose: To measure dynamic endurance of abdominal and hip-flexor muscles.

Method: The conscript is lying on the floor supine with hands behind the neck. The knees are flexed at an angle of 90° , and an assistant supports the ankles (contrary to the picture). The conscript raises upper body until his elbows touches the knees and then returns to the starting position where both scapulas touches the floor.

Outcome: Number of consecutive repeats completed in 60 seconds. Result categories: Excellent (≥ 48), Good (≥ 40), Fair good (≥ 32) and Poor (< 32) [repeats].



Starting position



Top position