One-minute sit-up test

What does it measure?
Muscular endurance

What do you need?
• Stopwatch
• Partner

How do you do the test?
• Lie on a carpeted or cushioned floor with your knees bent at approximately right angles and your feet flat on the ground. Your hands should be resting on your thighs.
• Squeeze your stomach, push your lower back flat, and raise your upper body high enough for your hands to slide along your thighs to touch the tops of your knees. Don’t pull with your neck or head, and keep your lower back on the floor. Then return to the starting position.
• Your partner should count how many full sit-ups are completed in one minute or up to the point where the performer retires from the test.

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<th>Name</th>
<th>Number of sit-ups</th>
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Comment on the reliability and validity of this test:

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