

SIT~UPS

Before beginning, those who have persistent lower back problems should use their own discretion. If completion of this assessment will result in injury, please refrain from participating. Also if your have just completed the push-up assessment, take at least 7 minutes or more to rest before starting this test.

Most of us probably remember physical fitness testing as a school-aged child; this assessment is similar. For this exercise, you are to do as many full sit-ups as you can in one minute (60 seconds). **IMPORTANT: DO NOT DO CRUNCHES!** Full sit-ups were used to compile the results; therefore, for the results to be accurate, you must do full sit-ups. You may stop or pause at any time during the assessment as long as you are resting in the "up" position: with your back off of the floor. Sit-ups should be done with feet secured under a support or being held by a partner. Tilt your head slightly upward and cross your arms over your chest. It seems to work best if you grab your left shoulder with your right hand and vice versa.

Repeat this assessment every 3-4 months to track your progress. To compare the amount of sit-ups that you did, taking into consideration your age and gender, to the compiled results, use the following table:

(left side = men; right side = women)

Age	20-29	30-39	40-49	50-59	60+
Percentile	# of Sit-Ups Completed				
99	55 / 51	51 / 42	47 / 38	43 / 30	39 / 28
95	55 / 51	51 / 42	47 / 38	43 / 30	39 / 28
90	52 / 49	48 / 40	43 / 34	39 / 29	35 / 26
85	49 / 45	45 / 38	40 / 32	36 / 25	31 / 20
80	47 / 44	43 / 35	30 / 29	35 / 24	30 / 17
75	46 / 42	42 / 33	37 / 28	33 / 22	28 / 15
70	45 / 41	41 / 32	36 / 27	31 / 22	26 / 12
65	44 / 39	40 / 30	35 / 25	30 / 21	24 / 12
60	42 / 38	39 / 29	34 / 24	28 / 20	22 / 11
55	41 / 37	37 / 28	32 / 23	27 / 19	21 / 10
50	40 / 35	36 / 27	31 / 22	26 / 17	20 / 8
45	39 / 34	36 / 26	30 / 21	25 / 16	19 / 7
40	38 / 32	35 / 25	29 / 20	24 / 14	19 / 6
35	37 / 31	33 / 24	28 / 19	22 / 12	18 / 5
30	35 / 30	32 / 22	27 / 17	21 / 12	17 / 4
25	35 / 28	31 / 21	26 / 16	20 / 11	16 / 4
20	33 / 24	30 / 20	24 / 14	19 / 10	15 / 3
15	32 / 23	28 / 18	22 13	17 7	13 2
10	30 21	26 15	22 / 10	15 / 6	10 / 1
5	26 / 18	23 / 11	17 / 7	12 / 5	7 / 0