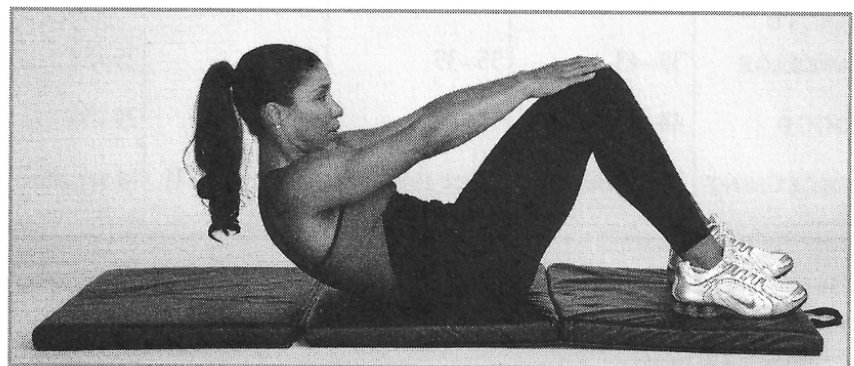
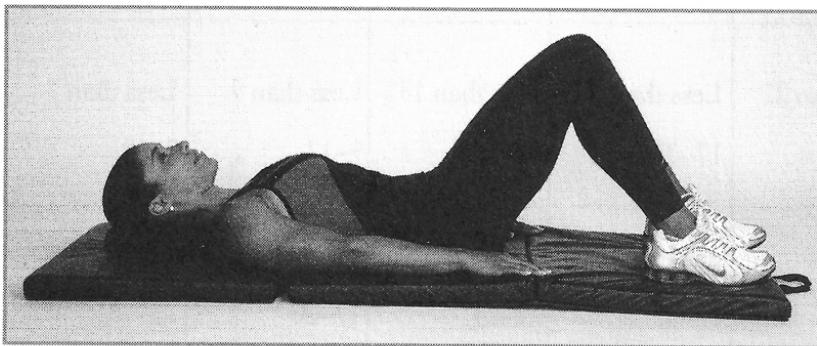


MUSCULAR ENDURANCE TEST: ABDOMINALS

Muscular endurance provides you with the ability to do several repetitions of a movement or to hold a particular position for an extended amount of time without injuring yourself or becoming fatigued. Muscular endurance is required to do basic everyday functions for long periods of time like sitting upright at your desk, walking, or standing up with good posture. If you are weak in muscular endurance you will often compensate with other muscle groups and create chronic injuries. Muscular strength is necessary for strong or explosive movements like lifting a box or luggage, catching yourself if you slip or fall, lifting your children, or pushing or pulling your body from a place of danger to one of safety when in an accident. People who are lacking in muscular strength will often injure themselves when trying to execute any of the above.

Testing your abdominal endurance is a simple matter of counting how many sit-ups you can do in one minute. The sit-ups should be performed as follows: lying faceup on the floor with knees bent and feet flat on the ground shoulder width apart, and hands resting on the floor, slowly squeeze your stomach, pushing the small of your back flat into the floor, and lift yourself up until your hands touch the top of your knees. Do not pull yourself up using your head or neck, and keep your lower back on the floor at all times. (You do not need to come to a full sitting position.) Time yourself for one minute and see how you rate according to Table 2.



MUSCULAR ENDURANCE TEST: ABDOMINALS SCORES AND RATINGS

WOMEN

Rating	Score					
	(AGES 18-25)	(AGES 26-35)	(AGES 36-45)	(AGES 46-55)	(AGES 56-65)	(AGES 65+)
VERY POOR	Less than 18	Less than 13	Less than 7	Less than 5	Less than 3	Less than 2
POOR	18-24	13-20	7-14	5-9	3-6	2-4
BELOW AVERAGE	25-28	21-24	15-18	10-13	7-9	5-10
AVERAGE	29-32	25-28	19-22	14-17	10-12	11-13
ABOVE AVERAGE	33-36	29-32	23-26	18-21	13-17	14-16
GOOD	37-43	33-39	27-33	22-27	18-24	17-23
EXCELLENT	More than 43	More than 39	More than 33	More than 27	More than 24	More than 23

MEN

	(AGES 18-25)	(AGES 26-35)	(AGES 36-45)	(AGES 46-55)	(AGES 56-65)	(AGES 65+)
VERY POOR	Less than 25	Less than 22	Less than 17	Less than 13	Less than 9	Less than 7
POOR	25-30	22-28	17-22	13-17	9-12	7-10
BELOW AVERAGE	31-34	29-30	23-26	18-21	13-16	11-14
AVERAGE	35-38	31-34	27-29	22-24	17-20	15-18
ABOVE AVERAGE	39-43	35-39	30-34	25-28	21-24	19-21
GOOD	44-49	40-45	35-41	29-35	25-31	22-28
EXCELLENT	More than 49	More than 45	More than 41	More than 35	More than 31	More than 28

Muscular Endurance Test: Abdominals Score: _____

Muscular Endurance Rating: Abdominals Rating: _____