

MUSCULAR STRENGTH: ABDOMINALS

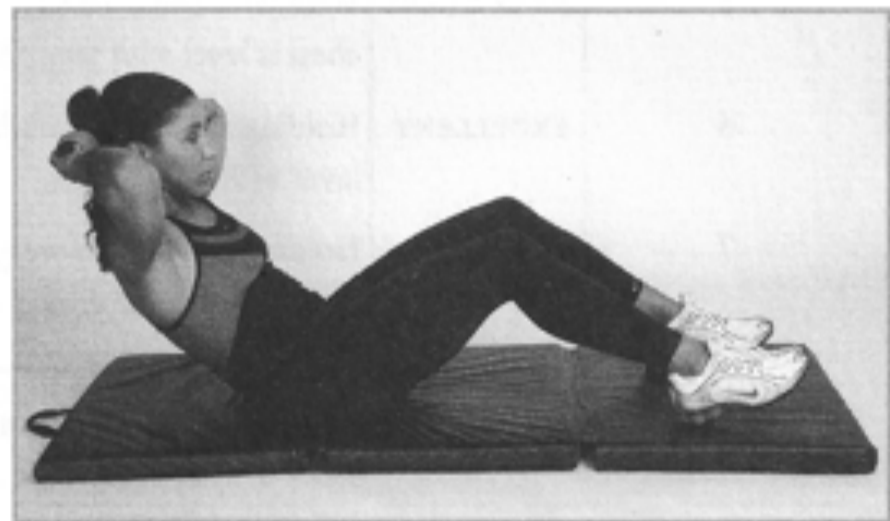
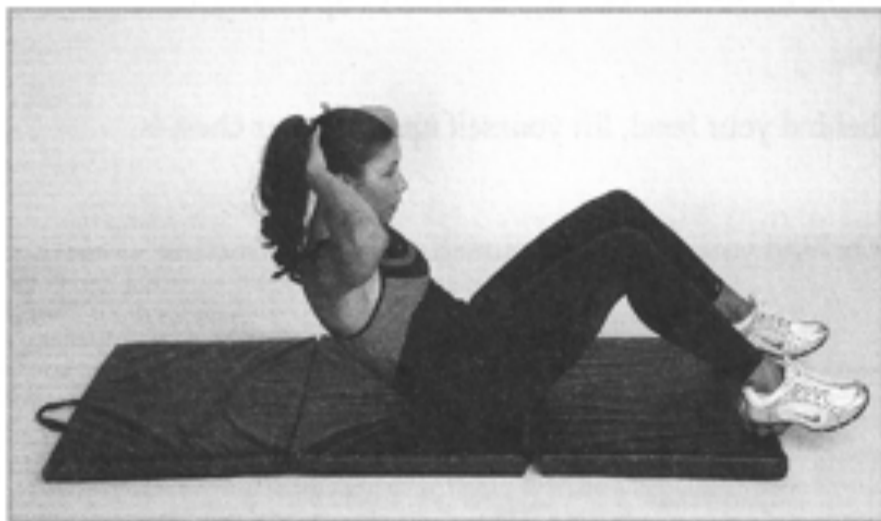
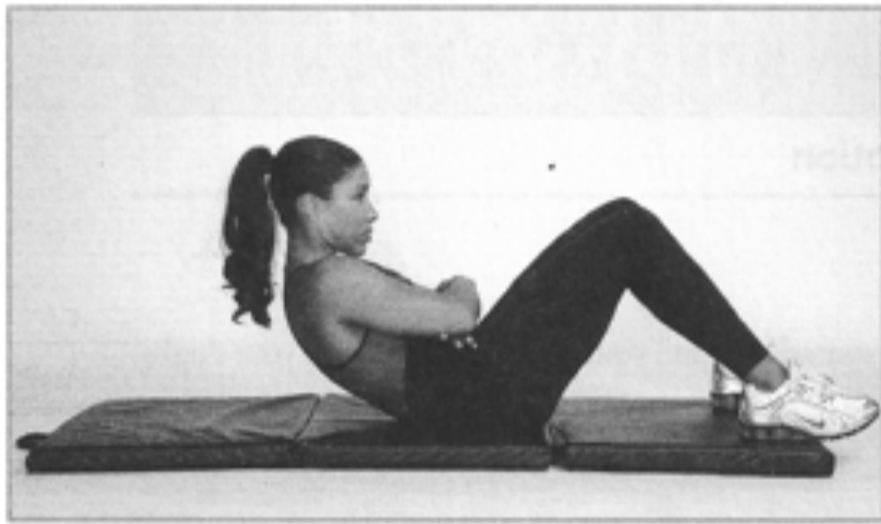
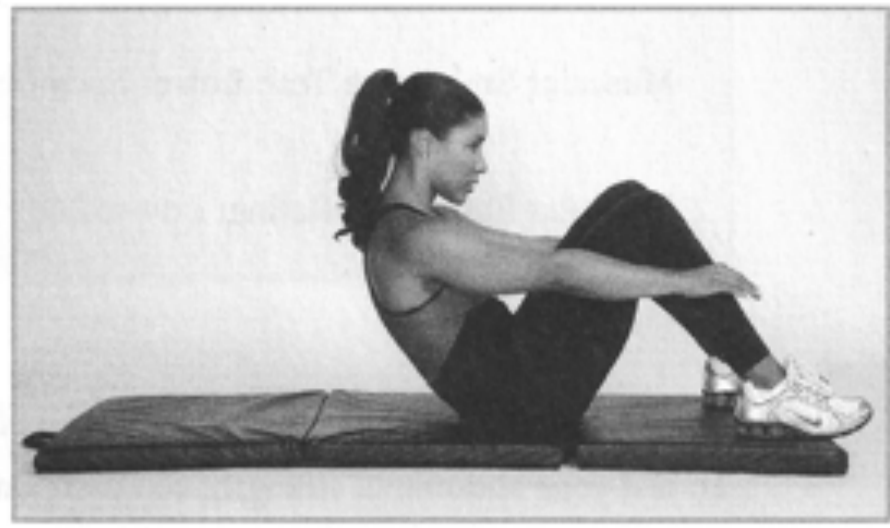
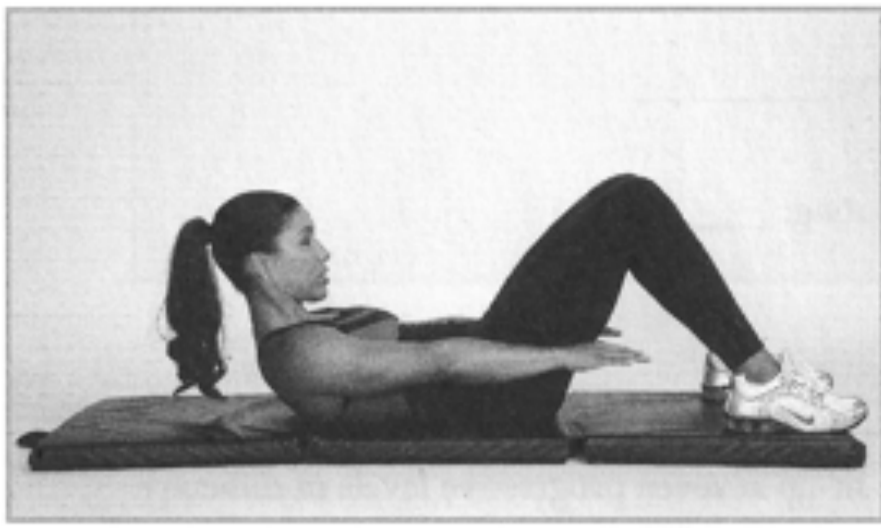
To test your abdominal strength, complete one sit-up at seven progressive levels of difficulty. The highest level at which you can complete one sit-up is your score. Begin in the basic sit-up starting position: lie faceup with legs bent at the knees, feet flat on the ground about shoulder width apart. Follow the instructions in the chart below, as shown in the photos following.

MUSCULAR STRENGTH TEST: ABDOMINALS SCORE, RATING, AND PERFORMANCE DESCRIPTION

Score	Rating	Performance Description
0	VERY POOR	Cannot perform one sit-up
1	POOR	With arms at your sides, lift yourself up until your wrists are level with your thighs.
2	FAIR	With arms at your sides, lift yourself up until your elbows are level with your thighs.
3	AVERAGE	With your hands crossed at your abs, lift yourself up until your chest is level with your thighs.
4	GOOD	With your hands across your chest, lift yourself up until your forearms are level with your thighs.
5	VERY GOOD	With your hands behind your head and elbows out, lift yourself up until your chest is level with your thighs.
6	EXCELLENT	Holding a 5-pound weight behind your head, lift yourself up until your chest is level with your thighs.
7	ELITE	Holding a 10-pound weight behind your head, lift yourself up until your chest is level with your thighs.

(Source: adapted from *Y's Way to Physical Fitness*, Lawrence A. Golding, et al., 1986)

Table 4



Muscular Strength Test: Abdominals Score: _____

Muscular Strength Rating: Abdominals Rating: _____