

The 1-Minute Sit-Up Test

This one tests the endurance of your abdominal muscles, which are important in maintenance of your posture. Although, don't forget the back too!

Many people fall in to the trap of training like a mirror athlete – i.e. training what you can see in the mirror! Muscle balance between the back and abdominal muscles is really important. But for now, here's a test of your abdominal muscle endurance:

The 1-Minute Sit-Up Test

You will need:

- A floor
- A stopwatch
- A humble assistant

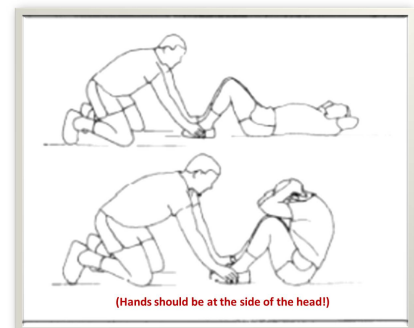
What to do:

Lie on the floor on your back, knees bent to 90 degrees.

Place your feet about 12 inches apart and your hands at the side of your head.

Humble assistant should hold your feet to the floor, and shout "GO" when they start the stopwatch.

You sit up, touch your knees with your elbows and return to the floor. That's 1 rep.



Do as many as you can in 1-minute. Look at the table overleaf to see how you did.



MEN

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	>49	>45	>41	>35	>31	>28
Good	44-49	40-45	35-41	29-35	25-31	22-28
Above average	39-43	35-39	30-34	25-28	21-24	19-21
Average	35-38	31-34	27-29	22-24	17-20	15-18
Below Average	31-34	29-30	23-26	18-21	13-16	11-14
Poor	25-30	22-28	17-22	13-17	9-12	7-10
Very Poor	<25	<22	<17	<13	<9	<7

WOMEN

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	>43	>39	>33	>27	>24	>23
Good	37-43	33-39	27-33	22-27	18-24	17-23
Above average	33-36	29-32	23-26	18-21	13-17	14-16
Average	29-32	25-28	19-22	14-17	10-12	11-13
Below Average	25-28	21-24	15-18	10-13	7-9	5-10
Poor	18-24	13-20	7-14	5-9	3-6	2-4
Very Poor	<18	<13	<7	<5	<3	<2