

## Abdominal Strength and Endurance: Curl-Up



**Complete as many curl-ups as possible (max 75) to the set cadence**

### **Instructions:**

1. Knees bent and feet flat
2. Palms flat and fingertips straight
3. Place a piece of paper under each students head
4. Both heels must stay in contact with the floor (toes can come up)
5. Fingertips slide over the near line and must pass the far line (the line should be 3 inches wide for 5-9 years old, 4.5 inches wide for 10 years old and up)
6. Head touches mat each time
7. Proper pace is 1 curl-up every three seconds
8. Test is over on second form break