

## Measuring Muscular Endurance

### Curl-up test

#### Protocol

- 1) With a supine position on a mat and knees at 90 degree, arm at the side and palms face down with the middle fingers touching a piece of masking tape. A second piece of masking tape is placed 10cm apart.
- 2) With a rhythm 50 beats/min, does slow and controlled curl-ups to lift the shoulder blades off the mat and the middle finger touching the second tape for 1 minute.
- 3) Perform as many repetitions as possible without pausing.



	AGE (Years)				
Male rating	20-29	30-39	40-49	50-59	60-69
Excellent	25	25	25	25	25
Very Good	21-24	18-24	18-24	17-24	16-24
Good	16-20	15-17	13-17	11-16	11-15
Fair	11-15	11-14	6-12	8-10	6-10
Need improvement	10	10	5	7	5
Female rating					
Excellent	25	25	25	25	25
Very Good	18-24	19-24	19-24	19-24	17-24
Good	14-17	10-18	11-18	10-18	8-16
Fair	5-13	6-9	4-10	6-9	3-7
Need improvement	4	5	3	5	2