Measurement of Muscular Endurance: The Push-Up, Sit-Up, and Curl-Up Tests

NAME ___________________________ DATE ___________________________

DIRECTIONS
After completion of the push-up, sit-up, and curl-up tests, record your scores and fitness classifications (Tables 2.9, 2.10, and 2.11).

Age: __________

TEST 1 DATE: __________
Number of push-ups (1 min): ______
Number of sit-ups (1 min): ______
Number of curl-ups: ______
Fitness category: __________________
Fitness category: __________________
Fitness category: __________________

TEST 2 DATE: __________
Number of push-ups (1 min): ______
Number of sit-ups (1 min): ______
Number of curl-ups: ______
Fitness category: __________________
Fitness category: __________________
Fitness category: __________________
Assessment of Flexibility: Trunk Flexion (Sit and Reach Test) and the Shoulder Flexibility Test

NAME ___________________________  DATE ___________________________

DIRECTIONS
After completion of the sit and reach test and the shoulder flexibility test, record your scores and fitness classifications (Tables 2.10 and 2.11).

TEST 1  DATE: __________
Sit and reach score (inches): ______ Fitness category: ________________
Shoulder flexibility (inches): ______ Fitness category: ________________

TEST 2  DATE: __________
Sit and reach score (inches): ______ Fitness category: ________________
Shoulder flexibility (inches): ______ Fitness category: ________________