

## Performance Scales for the Pillar Test

### Test Description:

- This is a static hold to test not only abdominal endurance, but full body.
- The body is supported by the forearms (elbow down) and toes.
- The body must be in alignment, with navel to spine and glutes engaged – cervical spine in neutral position.
- Hold the position as long as possible, maintaining proper alignment.

Percentage	Seconds	Min:Sec
100	240	4:00
95	210	3:30
90	180	3:00
85	165	2:45
80	150	2:30
75	135	2:15
70	120	2:00
65	105	1:45
60	90	1:30
55	<90	<1:30