

Performance Scales for the 2 Minute Crunch Test

Test Description:

- The student will lay on his/her back, knees bent, feet flat on the floor with arms crossed on the chest in front of the body.
- The person counting the repetitions should place hand on the floor under the shoulder blades of the student being tested.
- The testing student's shoulder blades must touch the hand between each repetition.
- Each time the student raises his/her blades off of the floor and returns it to the starting position it counts as one repetition.
- The student will be timed for 2 minutes.

Females		Males
# of Crunches	Percentage	# of Crunches
140>	100	150>
134-139	97	144-149
127-133	95	137-143
120-126	93	130-136
114-118	90	124-129
107-117	87	117-123
100-106	85	110-116
94-99	83	104-109
90-93	80	100-103
84-89	77	94-99
77-83	75	87-93
74-76	73	84-86
67-73	70	77-83
60-66	67	70-76
54-59	65	64-69
47-53	63	57-63
40-46	60	50-56
<39	50	<49
Source: *Source: Physical Education Department; North Carolina State University 2007		