

Performance Scales for Curl-ups

Test Description:

- This test is conducted lying on your back; knees bent ~ 90 degrees, with feet flat on the floor.
- Arms should be extended down each side with fingertips touching the 3-inch mark from the end of the mat.
- You must maintain proper form, touch the end of the mat with each repetition and maintain the cadence in order to continue in the test (a partner should be watching these things and counting).
- If there is a mistake in any of these areas, the test is ended. This is not a timed test.

Females		Males
# of Curl-ups	Percentage	# of Curl-ups
85+	100	94+
79-84	95	88-93
74-78	90	82-87
70-73	85	77-81
68-69	80	75-76
66-67	75	72-74
64-65	70	70-71
62-63	65	68-69
60-61	60	66-67
59	55	65
57-58	50	63-64
55-56	45	61-62
53-54	40	59-60
51-52	35	57-59
49-50	30	55-56
47-48	25	53-54
45-46	20	51-52
42-44	15	48-50
41	10	47

** *Source: Based on norms calculated from Robert Lualhati on 4545 college students, age 16-80 yrs.*