

Performance Scales for the Plank Test

Test Description:

- This is a static hold to test total body endurance.
- The body is supported by the forearms (elbows directly below the shoulders) and toes.
- The body must be in alignment, with navel to spine and glutes engaged – cervical and lumbar spine in neutral.
- Hold the position as long as possible, maintaining proper alignment.
- Record your time.

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

Source: *Health & Exercise Studies Department; North Carolina State University, 2007.*