

Performance Scales for the 2 Minute Sit-Up Test

Test Description:

- The student will begin with knees bent at 90 degrees, feet flat, back flat, and hands interlocked behind the head. The feet are held by a partner.
- When command to "begin" is given, the student will raise the upper body up until the shoulders are even with the hips, or the nose is even with the knees. Then they will lower themselves down until the shoulder blades touch the floor.
- The repetition is counted in the down position.
- The student will be timed for 2 minutes, resting only in the up position, elbows NOT touching knees. Fingers must remain interlocked or the repetition is not counted.

Women # of Sit-Ups	Percentage	Men # of Sit-Ups
70	100	70
69	99	69
68	98	68
67	97	67
66	96	66
65	95	65
64	94	64
63	93	63
62	92	62
61	91	61
60	90	60
59	89	59
58	88	58
57	87	57
56	86	56
55	85	55
54	84	54
53	83	53
52	82	52
51	81	51
50	80	50

49	79	49
48	78	48
47	77	47
46	76	46
45	75	45
44	74	44
43	73	43
42	72	42
41	71	41
40	70	40
39	69	39
38	68	38
37	67	37
36	66	36
35	65	35
34	64	34
33	63	33
32	62	32
31	61	31
30	60	30
29	59	29
28	58	28
27	57	27
26	56	26
25	55	25
24	54	24
23	53	23
22	52	22
21	51	21
20	50	20

**Source: Based on Army Physical Fitness Standards in accordance with the Army Field Manual 21-20, modified by the North Carolina State University; Department of Physical Education (September 2007)*