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Protocol for One Minute Sit-Ups

Purpose

This measures abdominal muscular endurance.

Procedure

1. Start by lying on your back, knees bent at 90 degrees, heels flat on the floor, and your hands interlaced behind your head. (This is the Down position)
2. Raise your body until your elbows cross the center of your knees (This is the Up position) and return until your shoulder blades touch the ground. This is one repetition.
3. The counter will hold down your feet with their hands only.
4. Your hips must remain on the floor with no thrusting of the hips.
5. Avoid pulling on your head with your hands.
6. Resting is permitted only in the up position.
7. If you stay in the down position for more than 3 seconds the counter will stop the exercise and you **cannot** continue.
8. If a sit up is done incorrectly, the counter will immediately advise you of the correction, and the incorrect sit up will not be counted towards the final score.
9. The total number of **correct** sit ups is recorded as the score. You must stop when the minimum is reached (27) or the time has elapsed.

How to Prepare for Sit-Ups

1. Determine the number of correct sit-ups you can do in one minute.
2. Multiply that number by .75 (75%). Round off the result to the lowest number. This will be the number of repetitions (sit-ups) you will do per set.
3. Warm up with some light activity of your choice, such as a stationary bike, walking or jogging on the treadmill, light calisthenics, etc.
4. Perform the number of sit-ups (correct form) determined in the calculation done in #2 above.
5. Rest no longer than 60 seconds, and do another set of repetitions.
6. Repeat #4 and #5 until you have done 3 or 5 sets of repetitions. Even though the last sets may be difficult, maintain proper form. If you have to hesitate longer on the floor on the last sets to get in the full number, then do so but rest no longer than necessary. It is important that you get in all the repetitions.
7. Do this routine every other day. Increase the number of reps per set by 1 or 2 each week.

Note: If you are unable to do at least 5 reps per set, then you will have to modify your routines in order to get in sufficient repetitions to address muscular endurance. You should hollow a crunch or curl routine for your abdominals and also get assistance in designing leg exercises (multi-hip machine or leg lifts) to address the hip flexors. Also, you could use an abdominal machine in a fitness facility using a light enough resistance to get in 15 reps per set for 3 sets.