

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Metronome App on phone



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant lies on their back on the floor. They bend their hips and knees so their feet are flat on the floor.
2. Participant reaches their arms toward their knees.
3. Participant lifts their head and then slowly lifts their upper back until they reach their knees.
4. Participant should get their shoulder blades completely off the ground.
5. Participant touches their knees and lowers all the way back down, including their head.
6. Exercise is repeated one for every beat of the metronome on phone set at 40 beats per minute.

SCORING: Participant does as many curl-ups to the beat of 40 per minute as they can. Total number of curl-ups completed is the total score.