

## MATERIALS

Before you start, make sure you have:

- Stopwatch



[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.

**SCORING:** Participant does as many curl-ups as they can. The count is stopped when the athlete no longer can reach their knees or the shoulder blades do come completely off the ground. Total number of curl-ups completed is the total score.