

Curl-ups

Touch the hand of the test leader as many times as possible within 30 seconds. After touching the hand, the shoulders should touch the ground.

Starting position

- Lying on the back
- Feet flat on the ground and knees bent in 90°
- Arms extended towards the knees
- Test leader places one hand behind the knees without touching them

Attempts

1 attempt

- ✓ Short trial is allowed
- ✓ Feet and knees are NOT fixed
- ✓ Arms stay above belly, do not swing arms
- ✓ Incorrect execution does not count

Score

1 point each time the hand is tapped

If the shoulders did not touch the ground, no point is scored

30 sec.



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