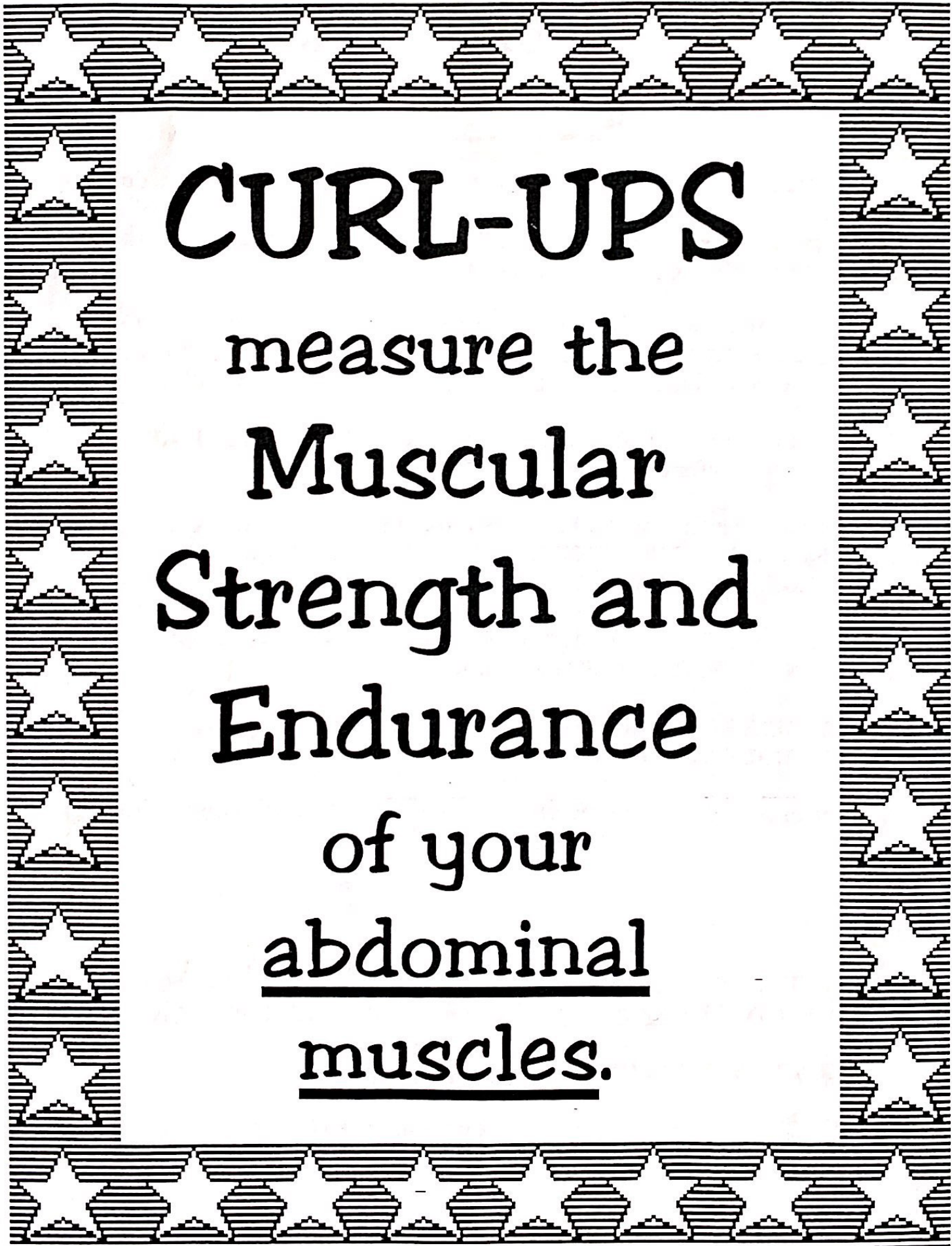


3 - 5-9
4 1/2 - 10-17

CURL-UPS **INSTRUCTIONS**

1. Students will work in GROUPS OF 3. One will perform the curl-up, another will place their hands under the head of the person doing the curl-ups and COUNT THE CURL-UPS, and the third will secure the measuring strip so it does not move.
2. The student performing the curl-up LIES ON THE MAT WITH HIS/HER KNEES BENT, FEET FLAT ON THE MAT, LEGS SLIGHTLY APART, ARMS STRAIGHT, AND PALMS RESTING ON THE MAT.
3. The third partner places the measuring strip AT THE FINGERTIPS of the partner performing the curl-ups.
4. The "UP" command on the tape signals time to begin. Curl-up the body by SLIDING THE FINGERS ACROSS THE MEASURING STRIP UNTIL THE FINGERTIPS REACH THE OTHER SIDE.
5. On the "DOWN" command, CURL BACK DOWN UNTIL YOUR HEAD TOUCHES YOUR PARTNER'S HANDS.
6. THE HEELS MUST REMAIN IN CONTACT WITH THE MAT THROUGHOUT THE TEST.
7. Continue doing curl-ups until you are TIRED, IMPROPER FORM IS

DISPLAYED, OR YOU CAN NO LONGER KEEP THE CADENCE ON THE TAPE. ON YOUR SECOND CORRECTION, YOUR TEST IS OVER.
8. RECORD YOUR SCORE on your fitness record.
9. SWITCH PLACES so all three students have a chance to perform the curl-up test!



CURL-UPS
measure the
Muscular
Strength and
Endurance
of your
abdominal
muscles.