



PROTOCOL FOR MUSCULAR ENDURANCE TESTING

Sit Up, Push Up

Muscular endurance is defined as the ability to contract the muscles repeatedly over a specific period of time without undue fatigue.

Procedure

Sit Up Test

This test measures abdominal muscular endurance.

1. The subject starts by lying on the back, knees bent, heels flat on the floor, with the fingers laced and held behind the head. Avoid pulling on the head with the hands. The buttocks must remain on the floor with no thrusting of the hips.
2. A partner holds the feet down firmly.
3. The subject then performs as many correct sit ups as possible in one minute.
4. In the up position, the individual should touch elbows to knees and then return until the shoulder blades touch the floor.
5. Any resting should be done in the up position.
6. Breathing should be as normal as possible.
7. Neck remains in the neutral position.
8. Do not pull on the head or neck.
9. The total number of correct sit ups in 1 minute is recorded as the score.

Push Up Test

This test measures muscular endurance of the upper body (anterior deltoid, pectoralis major, triceps).

1. The hands are placed slightly wider than shoulder width apart, with fingers pointing forward. The administrator places one fist on the floor below the subject's chest. If a male is testing a female, a 3 inch sponge should be placed under the sternum to substitute for the fist.
2. Starting from the up position (elbows extended), the subject must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist. Subject then returns to the up position. This is one repetition.
3. Resting should be done only in the up position.
4. The total number of correct push ups in 1 minute is recorded as the score.