

EVENT #2
SIT-UPS

The Sit-Up event measures core body strength. The examinee is required to complete as many sit-ups as possible in 60 seconds.

- The examinee starts the event by lying on their back on a gym mat. The examinee's knees are bent 90 degrees, with feet flat on the floor, and with hands overlapped behind the head. The examinee's feet are held tight to the floor by another examinee.
- After the examinee indicates they are "set", the proctor with the timer starts the event with "ready, go." One complete sit-up has occurred when the examinee:
 - a. Raises their shoulders from the mat, keeping their hands overlapped behind their heads;
 - b. Touches their elbows to their knees (i.e., left elbow to left knee); and
 - c. Returns to the down position, and touches their shoulder blades on the mat.
- The examinee may rest in the down position. Only sit-ups performed in the manner outlined above will be counted.

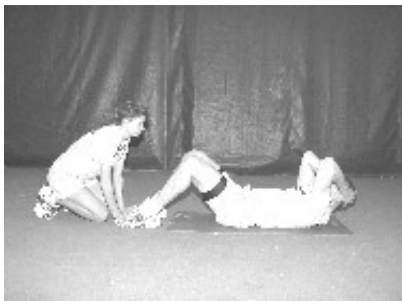
Preparation for the Sit-Ups Event

To prepare, see how many sit-ups you can do in one minute. This will establish your initial training repetitions (ITR).

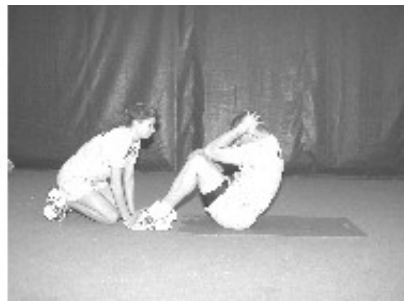
Then do the sit-ups in sets to exhaustion (no time limit, but continuous activity). Gradually increase the number of repetitions per set, working up to 1.5 times the ITR per session. Retest your maximum number of sit-ups in 60 seconds on the 4th and 8th weeks. Use that figure to establish your new ITR.

The sit-ups must comply with the prescribed MCOLES protocol for a sit-up. The following training schedule is provided for your consideration:

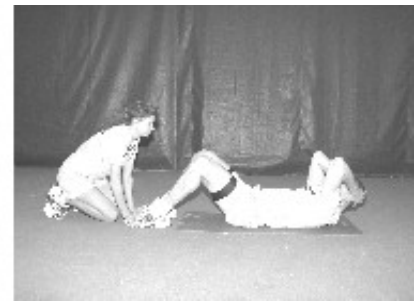
<u>Week</u>	<u>Repetitions</u>	<u>Frequency</u>
1	1 ITR	3x/week
2	1.5 x ITR	3x/week
3	1.5 x ITR	3x/week
4	Retest to establish new ITR	3x/week
5	1.5 x the new ITR	3x/week
6	2 x ITR	3x/week
7	2 x ITR	3x/week
8	Retest to establish new ITR	2x/week



Starting Position



Elbows to Knees



Completed Sit-Up