

**Colerain Police Department
Protocol for Muscular Endurance Testing
One Minute Sit Up and Maximum Push Up**

Procedures

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. Score is total number of correct sit-ups. Any resting should be done in the up position.
6. Breathing should be as normal as possible, making sure the subject does not hold their breath as in the Valsalva maneuver (expiratory effort when the mouth is closed and the nostrils are pinched shut, which forces air into the eustachian tubes and increases pressure on the inside of the eardrum).
7. Neck remains in the neutral position.
8. Do not pull on the head or neck.

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. A female will administrate the push up test to female participants.
2. In preparation for the push up testing, a 3-inch sponge can be placed under the sternum to substitute for the fist.
3. 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. The modified push up is performed on the hands and knees with the back straight and hands slightly in front of the shoulders in the up position.
4. Resting should be done only in the up position.
5. There is no time limit.

