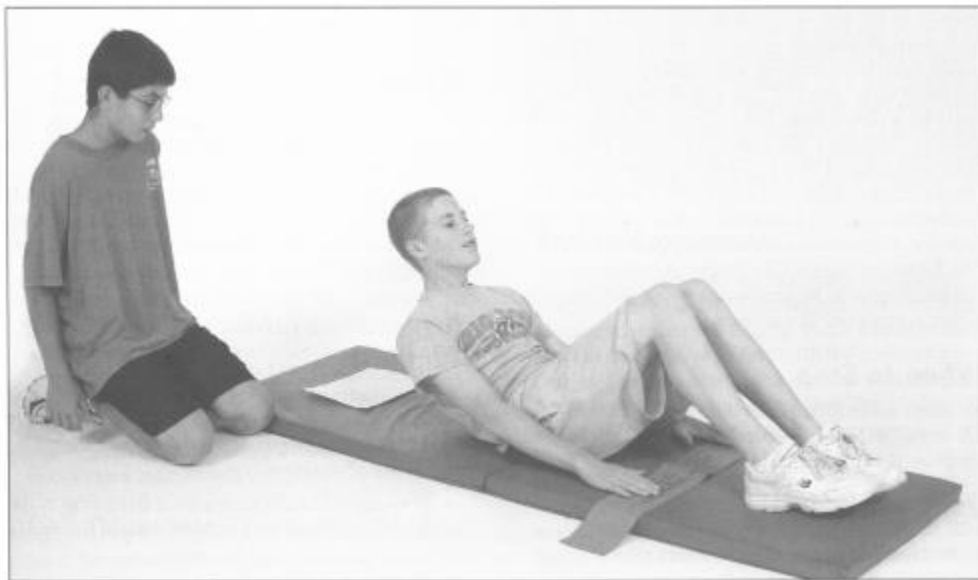


## THE CURL-UP

1. Objective of the curl-up
  - a. The curl-up with knees bent and feet unanchored was chosen because it is a safe method for assessing abdominal strength and endurance.
2. Conducting the curl-up:
  - a. have the cadet lay on the gym mat with their back and head down;
  - b. have the cadet place their feet flat and legs slightly apart. Their feet should be extended as far as possible from their buttocks while still allowing feet to remain flat on the mat;
  - c. have the cadet rest their palms on the mat with their arms straight, parallel to their trunk, and fingers stretched out (as illustrated in Figure A2-1)
  - d. place the 12-cm measuring strip on the mat under the cadet's knees so their fingertips are resting on the nearest edge of the measuring strip (as illustrated in Figure A2-1);
  - e. place a piece of paper under the cadet's head to assist in judging if the head touches down on each repetition. The paper should crinkle each time the cadet touches it with their head;
  - f. have the cadet curl up slowly, keeping their heels in contact with the mat (as illustrated in Figure A2-2) and sliding their fingers across the 12-cm measuring strip until fingertips reach the other side of the measuring strip (as illustrated in Figure A2-3);
  - g. have the cadet continue to do curl-ups at a cadence of one curl every three seconds (the Leger's 20-m Shuttle Run Test CD: Partial Curl-ups Sit-Ups Cadence may be used) until a second form correction is made in a row (the first form correction does not count), or they can no longer continue.
  - h. have the scorekeeper count how many times the cadet can complete a curl-up (which is the curl-up score)



Curl-Up Starting Position



Curl-Up



## Curl-Up Finger Position

1. Scoring the curl-up :
  - a. Scoring the curl-up is based on the number of curl-ups completed; until a second form correction is made in a row (the first form correction does not count), or the cadet can no longer continue.
  - b. Form corrections include:
    - (1) heels must remain in contact with the mat;
    - (2) head must return to the mat on each repetition;
    - (3) stopping to rest or not maintaining a rhythmic pace;
    - (4) fingertips must touch the far side of the measuring strip.