

Commonwealth of Massachusetts
Municipal Police Training Committee
"Training for Today, Planning for the Future"

1380 Bay Street, Bldg. B
Taunton, MA 02780
Phone: (508) 821-2644
Fax: (508) 824-2193



Deval L. Patrick
Governor

Timothy P. Murray
Lieutenant Governor

Kevin M. Burke
Secretary of Public Safety & Security

Chief Thomas Burke
Chairman

Dennis W. Pinkham
Executive Director

One – Minute Sit Up Test Protocol

The sit up event measures the endurance of the abdominal and hip flexor muscles.

Read the following instructions aloud to all recruits:

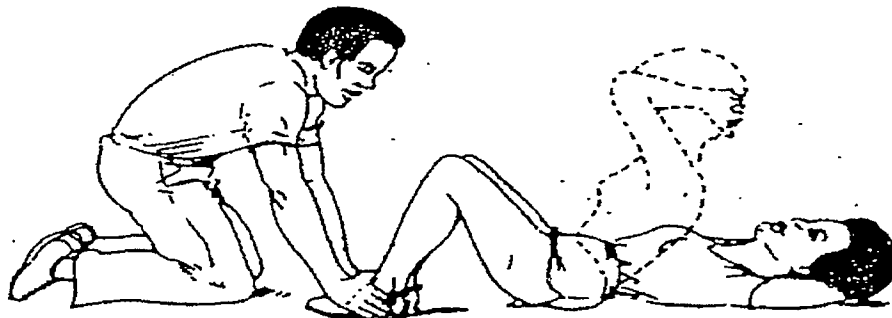
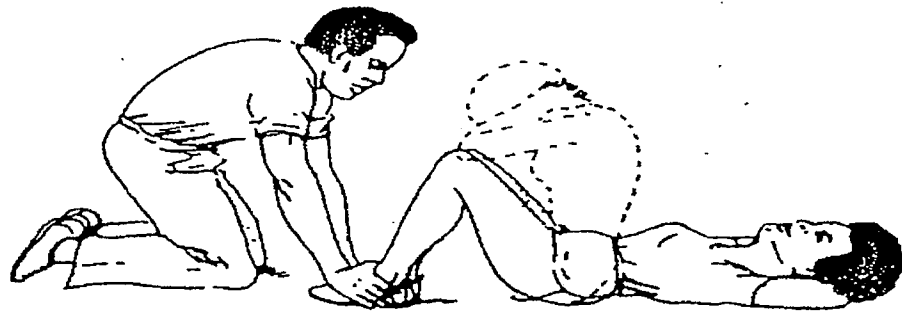
1. On the command "GET SET," assume the starting position by lying on your back with your knees bent at a 90-degree angle. Your feet may be together or up to 12 inches apart (12 inches from inside of one ankle to the inside of opposite ankle). Your partner, another recruit, will hold your feet firmly to the ground with their hands only. No other method of bracing or holding of the feet is authorized. Fingers **must be laced** behind your head and the backs of your hands must touch the ground/floor. Your arms and elbows need not touch the ground. If a mat is used, your entire body must be on the mat. Breathing should be as normal as possible.
2. On the command "GO," begin raising your upper body forward to the vertical position (the base of your neck is above the base of your spine) until you **touch your elbows to your knees**. Your elbows can go either inside or outside the knees, but may not be used to hold yourself in the up position. Avoid pulling on your head with your hands.
3. On each descent, lower your body until the bottom of your shoulder blades touches the ground. Your head, hands, arms or elbows do not have to touch the ground.
4. At the end of each repetition, the scorer will state the number of sit ups you have correctly performed. *A repetition will not count if you fail to touch your elbows to your knees, fail to keep your fingers laced behind your head, fail to keep your feet touching the ground, arch or bow your back or raise your buttocks off the ground to raise your upper body, or fail to keep your knees at a 90 degree angle.* As long as your fingers are overlapping to any degree, they are considered laced. If a repetition does not count, the scorer will repeat the number of your last correctly performed sit up.
5. The up position is the only authorized rest position. If you stop and rest in the down (starting) position, your performance in the event will be terminated and the test will end. As long as you make a continuous effort to sit up, the event will not



be terminated. You may not use your hands to push or pull yourself up to the up (resting) position or to hold yourself in the up position. If you do so, your performance in the event will be terminated. However, you may wiggle your body to obtain the up position.

6. You will have one minute in which to perform as many sit ups as you can. **NO RESTARTS ARE ALLOWED.**
7. Does anyone have any questions before we begin?

Watch the following demonstration: (FITNESS INSTRUCTORS SHOULD DEMONSTRATE THE TEST)



Continue to read the following reminders aloud to all recruits, if necessary:

1. **Breathe**
2. **Keep your fingers laced**
3. **Keep your feet on the ground**
4. **Touch your knees with your elbows**
5. **Touch your shoulder blades to the ground**
6. **Keep your knees bent**
7. **Only rest when you're in the up position**

