

MODIFIED PULL-UP

- This test is an alternative to the push-up and measures upper-body strength.
- Lie with shoulders directly under bar, then reach up and grab the bar with palms facing away. Only the heels should be touching the floor.
- Pull up so that chest touches the elastic band, then return to starting position. Your body must remain straight.
- Complete as many pull-ups as possible. Do not stop and rest.
- Stop test on the second incorrect pull-up. Record your score.



Modified Pull-Up: Standards for Healthy Fitness Zone®

| Age | Boys (no. completed) | Girls (no. completed) |
|-----|-------------------------|--------------------------|
| 5 | ≥2 | ≥2 |
| 6 | ≥2 | ≥2 |
| 7 | ≥3 | ≥3 |
| 8 | ≥4 | ≥4 |
| 9 | ≥5 | ≥4 |
| 10 | ≥5 | ≥4 |
| 11 | ≥6 | ≥4 |
| 12 | ≥7 | ≥4 |
| 13 | ≥8 | ≥4 |
| 14 | ≥9 | ≥4 |
| 15 | ≥10 | ≥4 |
| 16 | ≥12 | ≥4 |
| 17 | ≥14 | ≥4 |
| >17 | ≥14 | ≥4 |

CURL-UP

- This test measures abdominal strength and endurance. Do as many curl-ups as you can.
- Lie down with knees bent, feet flat, and head touching paper on mat.
- Curl up until fingers go completely across the strip. Heels must stay on mat.
- Return to starting position. Head must touch paper each time.
- Stay with the cadence from the CD.
- Stop the test on the second incorrect curl-up. Record score.



Curl-Up: Standards for Healthy Fitness Zone®

| Age | Boys (no. completed) | Girls (no. completed) |
|-----|-------------------------|--------------------------|
| 5 | ≥2 | ≥2 |
| 6 | ≥2 | ≥2 |
| 7 | ≥4 | ≥4 |
| 8 | ≥6 | ≥6 |
| 9 | ≥9 | ≥9 |
| 10 | ≥12 | ≥12 |
| 11 | ≥15 | ≥15 |
| 12 | ≥18 | ≥18 |
| 13 | ≥21 | ≥18 |
| 14 | ≥24 | ≥18 |
| 15 | ≥24 | ≥18 |
| 16 | ≥24 | ≥18 |
| 17 | ≥24 | ≥18 |
| >17 | ≥24 | ≥18 |