

7 Stage Abdominal Strength Test Protocol and Normative

Aim

The 7 Stage Abdominal Strength (7SAS) test measures the strength of the abdominal muscles.

Greater measurement corresponds with greater health and higher levels of physical fitness.

Equipment

Flat surface, 5 lb (2.5 kg) and 10 lb(5 kg) weight, results sheet and pen.

Procedure

The athlete lies on their back, with their knees at right angles and feet flat on the floor.

Each level is achieved if a single sit up is performed in the prescribed manner, without the feet coming off the floor.

Attempt the single movement as many times necessary to try and complete the highest level possible.

The feet must remain stationary and flat on the floor throughout the entire attempt.

If the feet leave the floor it is considered a failed attempt.

Step 1: The athlete attempts to perform one i.e. 1 repetition of a complete sit-up from level 1: With arms extended, the athlete curls up so that the wrists reach the knees. If the athlete is successful, they can then be scored as; Poor, 1, Beginner. If they are unsuccessful, they will score 0 and be scored accordingly.

Step 2: The athlete is required to rest for 60 seconds before proceeding to Level 2.

Scoring

There are 7 levels ranging in difficulty from 0, Very Poor, Beginner, all the way up to 7, Elite, Pro.

The highest level sit-up correctly completed is the measurement that is to be recorded. Look up the tables (see below) to view your training status. Attempt the test every week or on completion of the program to monitor progress and increase motivation.



7 Stage Abdominal Strength Test			
Description	Level	Rating	Training Status
Cannot perform level 1	0	Very Poor	Beginner
With arms extended, the athlete curls up so that the wrists reach the knees	1	Poor	Beginner
With arms extended, the athlete curls up so that the elbows reach the knees	2	Fair	Intermediate
With the arms held together across abdominals, the athlete curls up so that the chest touches the thighs	3	Average	Intermediate
With the arms held across chest, holding the opposite shoulders, the athlete curls up so that the forearms touch the thighs	4	Good	Advanced
With the hands held behind head, the athlete curls up so that the chest touches the thighs	5	Very Good	Advanced
As per level 5, with a 5 lb (2.5 kg) weight held behind head, chest touching the thighs	6	Excellent	Pro
As per level 5, with a 10 lb (5 kg) weight held behind head, chest touching the thighs	7	Elite	Pro

Source: Web - Topend Sports <http://www.topendsports.com>