

THE BLEEP PERSONAL FITNESS TEST – PART 2

The Bleep Sit-up Test

Objective

The objective of The Bleep Sit-up Test is to assess the development of the participant's abdominal muscles - core strength.

Required Resources

To undertake the test you will require:

Flat Surface,

A Floor Mat,

Counter/Assistant.

Test Criteria

You are to lie flat in the supine position on a floor mat with your knees bent at between 70 and 110 degrees; your feet may be up to 10cm apart.

Place your fingertips on the temples. The arms and fingertips must remain in this position throughout the test - this position is known as the 'Start Position'.

The counter/assistant or feet anchor holds your feet in place and the Sit-up is initiated, from the Start Position, by curling up to reach the vertical position, followed by a return to the Start Position (ensuring that the base of the shoulder-blades gently touch the floor mat).

The test will start after the initial audible rapid bleeps.

You are to commence repetitions to the bleeps every 3 seconds.

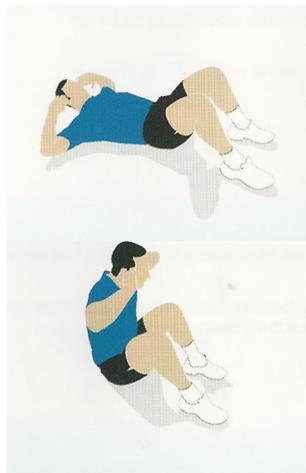
Sit-ups are to be performed continuously over a 5-minute period or until you are unable to stay in sync with the bleeps due to the onset of fatigue.

Safety

The floor is to be covered with a suitable, clean, padded surface (floor mat) to reduce stress on the spine.

You are not allowed to bounce your back off of the floor mat in order to gain an unfair advantage.

To minimise stress on the neck, you are ensure that the head is held in a neutral position throughout the exercise.



Warm-up

Before any physical training session commences you should always start with a warm-up.

This gradually prepares the body for the activity to come, decreases the potential for injury and reduces delayed onset muscle soreness that can follow exercise.

To start with, do some gentle stretching. This could include shoulder rotations, upper body twists, calf stretches and ankle circles.

Follow with a low impact activity like running on the spot, light jogging or a brisk walk.

Finish with some general upper body movements which could be light cross-body munching.

A warm-up of around ten minutes will prepare your body well for the test to follow.

Cool-down

As with the warm-up, a cool-down period is a vital component of any exercise program. This involves a gradual decrease in the intensity of exercise and level of activity, until the heart rate is returned to a resting state.

By cooling down you reduce the risk of blood pooling in working muscles and the likelihood of injuries.

All you need to do is slow down gradually at the end of your exercise session, so spend 3-5 minutes reducing your pace, allowing your breathing and heart rate to return to normal.

If you're running for instance, slow down to a slow jog or walk for the last few minutes.

If you're cycling, switch to a low gear for the last part of your ride.

And finally, finish your exercise routine by stretching any of the major muscle groups you've just worked.

Try to include your hamstrings, quadriceps, glutes, calves and hips and hold each stretch without movement for around 15-20 seconds.

Fit Tip

It's incredibly important that you keep up your fluids before, during and after exercise. Remaining hydrated will allow you to exercise longer and safer.

Analysis

Analysis of the result is by comparing it with the results of previous tests.

It is expected that, with appropriate training between each test, the analysis would indicate an improvement.

Normative data for The Bleep Sit-up Test

Classification	Under 35	35 – 45	Over 45
Excellent	60	50	40
Good	45	40	25
Fair	30	25	15
Poor	15	10	5

The following table is for a Female participant

Classification	Under 35	35 – 45	Over 45
Excellent	50	40	30
Good	40	25	15
Fair	25	15	10
Poor	10	6	4