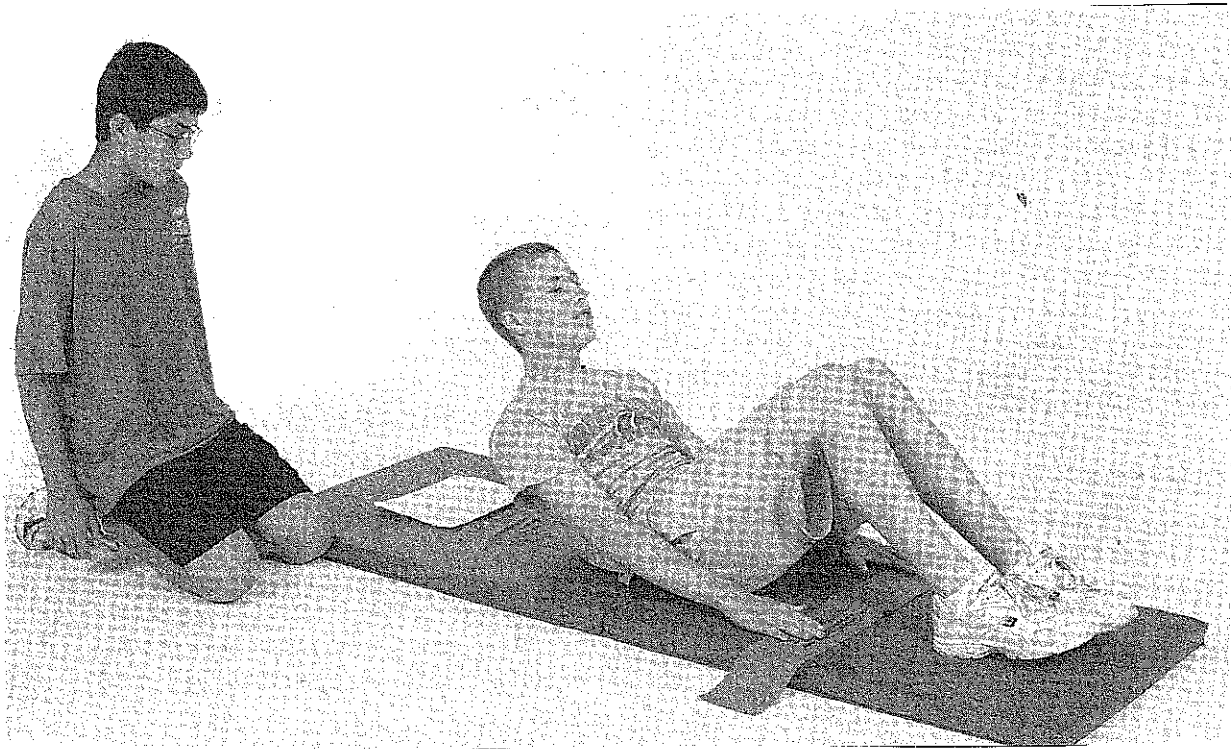


MUSCULAR ENDURANCE

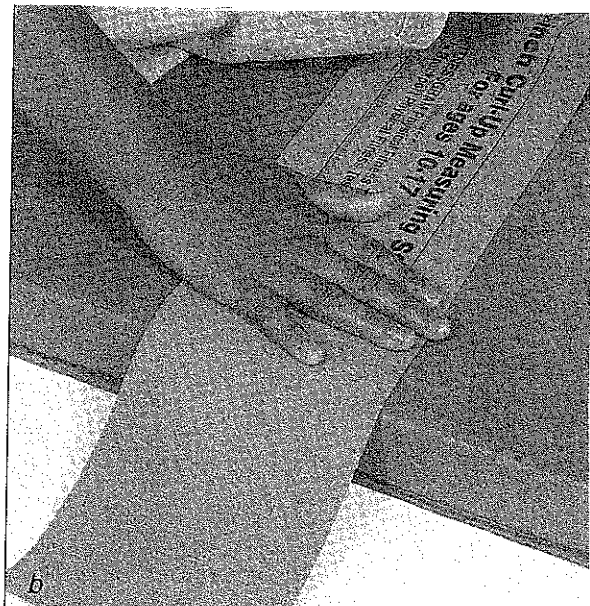
Curl-Up

Test Objective

To complete as many curl-ups as possible up to a maximum of 75 at a specified pace.



a



b