



I'm not robot



Continue

Army sit up standards male

This website is not associated with the U.S. government or the military. This event measures the endurance of abdominal and stamp duty muscles. Instructions The event supervisor should read the following: THE SIT-UP EVENT MEASURES THE ENDURANCE OF THE ABDOMINAL AND HIP-FLEXOR MUSCLES. At the Get Set command, you take the starting position by laying on your back with your knees off at a 90-degree angle. The legs can be together or up to 12 cm apart. The other person will only hold your ankles with their hands. NO OTHER WAY OF BRACING OR HOLDING YOUR LEGS IS PERMITTED. The fifth is the only part of your leg that needs to stay in touch with the earth. The fingers must be locked behind the head and the backs of the hands must touch the ground. Hands and comools must not touch the ground. On the Go command, start lifting the upper body forward or outside the vertical position. The vertical position means that the base of your neck is above the base of the spine. When reaching or exceeding the vertical position, release the body until the bottom of the shoulder blades touches the ground. The head, arms, or elbow need not touch the ground. At the end of each iteration, the scorer will specify the number of sit-ups that you have completed correctly. Repetition will not count if you do not reach the vertical position, you will not hold your fingers locking behind your head, bow or inclination of your back and lift the buttocks off the ground to lift the upper body, or let your knees exceed 90 degrees. If the replay does not count, the scorer will repeat the number of your last properly executed sit-up. THE UP POSITION is the only permitted rest position. If you stop and rest in the downward position, the event will stop. As long as you keep trying to sit down, the event won't stop. Do not use hands or other means to drag or push yourself upwards (staging point) or to hold yourself in a rest position. If you do this, your performance in the event will be complete. PROPER PERFORMANCE IS IMPORTANT. You'll have two minutes to do as many sit-ups as possible. Watch this demonstration. Additional points that will be shown for the event in the sit-up During the demonstration it is necessary to clarify the following points: To reduce the stress on the neck it is recommended that the soldier hold the chin waxed down and touch the top of the chest during the entire performance of the sit-up event. From the initial (down) position or at any stage of sitting, the soldier may not use his hands or hands in order to be pulled up or pushed off the floor (floor or mat) to help himself catch up position. Any of these proceedings may give the offender an unfair advantage. They are also violating the purpose of the event. The event in the sit-up will be immediately for those soldiers who, by push or pulling, use their hands to help keep the position up. If a doormat is used, the whole body, including the legs and head, must be on the mat at the beginning. From the initial (down) position or at any stage of sitting, the soldier must not swing his hands or hands to help himself reach the position upwards. If this happens, repetition does not count. A soldier can get a job done, that doesn't give him an unfair advantage. While in position up, the soldier can't help staying in that position by using an elbow or any part of his arm to lock on or clamp on his feet. The elbow can go inside or outside the knees. However, to push them or drag them into the sides or tops of your knees, they will not get extra leverage and rest gives an unfair advantage to this soldier. There-for, soldiers using this technique will once be alerted to the first violation and immediately cease if the violation continues or recurs. During the implementation of the sit-up event, the fingers must be intertwined and behind the head. As long as any finger overlaps at any stage, the fingers are considered to be intertwined. If any foot breaks contact with the footer during repetition, this recurrence does not count. Both heels must remain in contact with the ground floor (floor or mat) during the event. The gunman should ensure that the carrier has properly secured the legs of the soldier. The trooper tells the soldier that his heel rises from the ground and that the repetition will not count. In this trail are the standards of APFT Sit-Up. The standards are also listed on form DA 705, which can be downloaded here. Click the image below to see the larger version Use the below table of results Male Situp Standards to get an estimate or see how much situp you need to do to get a 100% result in this APFT event! To learn the APFT rules and standards for performing the appropriate Situp, see our Army PT Test page. Men's Situp Standards Rating List Number of pushups POINTS 17 - 21 22 - 26 27 - 31 32 - 36 37 - 41 42 - 46 47 - 5152 - 56 77 100 76 99 75 100 98 100 74 99 97 99 73 98 96 9 8 8 100 72 97 95 97 99 71 100 95 94 96 98 70 99 99 94 93 95 97 6 9 97 93 92 94 96 68 96 92 91 93 95 67 94 91 89 92 94 66 93 90 88 91 93 100 65 92 89 87 90 92 99 64 90 87 86 89 91 98 63 89 86 85 88 90 97 62 88 85 84 87 89 96 61 86 84 83 86 88 94 60 85 83 82 85 87 93 59 83 82 81 84 86 92 100 58 82 81 80 83 85 91 99 57 81 79 79 82 84 90 98 56 79 78 78 81 83 89 96 100 55 78 77 77 79 82 88 95 99 54 77 76 76 78 81 87 94 98 53 75 75 75 77 79 86 93 97 52 74 74 74 76 78 84 92 96 51 72 73 73 75 77 83 91 95 50 71 71 72 74 76 82 90 94 49 70 70 71 73 75 81 89 92 48 68 69 69 72 74 80 88 91 47 67 68 68 71 73 79 87 90 46 66 67 67 70 72 78 86 89 45 64 66 66 69 71 77 85 88 44 63 65 65 68 76 82 87 43 61 63 64 67 69 74 81 86 42 60 62 63 66 68 73 80 84 41 59 61 62 65 67 72 79 83 40 57 60 61 64 66 71 78 82 39 56 59 60 63 65 70 76 81 38 54 58 59 62 64 69 75 80 37 53 57 58 61 63 68 74 79 36 52 55 57 60 62 67 73 78 35 50 54 56 59 61 66 72 77 34 49 53 55 58 60 64 71 76 33 48 52 54 57 59 63 69 74 32 46 51 53 56 58 62 68 73 31 45 50 52 55 57 61 67 72 30 43 49 50 54 56 60 66 71 29 42 47 49 53 55 59 65 70 28 41 46 48 52 54 58 64 69 27 39 45 47 51 53 57 62 68 26 38 44 46 50 52 56 61 67 25 37 43 45 49 51 54 60 66 24 35 42 44 48 50 53 59 64 23 34 41 43 47 49 52 58 63 22 32 39 42 46 48 51 56 62 21 31 38 41 45 47 50 55 61 20 30 37 40 44 46 49 54 60 19 28 36 39 43 45 48 53 59 18 27 35 38 42 44 47 52 58 17 26 34 37 41 43 46 51 57 16 24 33 36 39 42 44 50 56 15 23 31 35 38 41 43 49 54 14 21 30 34 37 39 42 48 53 13 20 29 33 36 38 41 47 52 12 19 28 32 35 37 40 46 51 11 17 27 31 34 36 39 45 50 10 16 26 29 33 35 38 42 49 9 14 25 28 32 34 37 41 48 8 13 23 27 31 33 36 40 47 7 12 26 26 30 32 34 39 46 6 10 21 2 29 31 31 33 38 44 5 9 20 24 28 30 30 32 36 43 Situp measures the strength of the mouse. Release the body until the bottom of the scapula touches the ground. Soldiers must not be repulsed from the ground, allowed their feet to cut off contact with the earth or remove their hands from the back of the head. Number of Situps POINTS 17 - 21 22 - 26 27 - 31 32 - 36 37 - 41 42-46 47-51 52-56 Male/Female Male/Female Male/Female Male/Female Male/Female Male/Female Male/Female Male/Female 82 100 81 99 80 100 98 79 99 97 78 100 97 96 77 98 96 95 76 97 95 94 100 100 75 95 93 92 99 99 74 94 92 91 98 98 73 92 91 90 96 97 72 90 89 89 95 96 100 71 89 88 88 94 95 99 70 88 87 87 93 94 98 69 87 85 86 92 93 97 68 84 84 85 91 92 96 67 82 83 84 89 91 95 66 81 81 83 88 89 94 100 100 65 79 80 82 87 88 93 99 99 64 78 79 81 86 87 92 98 98 63 76 77 79 85 86 91 97 97 62 74 76 78 84 85 90 96 96 61 73 75 77 82 84 89 94 95 60 71 73 76 81 83 88 93 94 59 70 72 75 80 82 87 92 93 58 68 71 74 79 81 86 91 92 57 66 69 73 78 80 85 90 91 56 65 68 72 76 79 84 89 89 55 63 67 71 75 78 83 88 88 54 62 65 70 74 77 82 87 87 53 60 64 69 73 76 81 86 86 52 58 63 68 72 75 80 84 85 51 57 61 66 71 74 79 83 84 50 55 60 65 69 73 78 82 83 49 54 59 64 68 72 77 81 82 48 52 57 63 67 71 76 80 81 47 50 56 62 66 69 75 79 80 46 49 55 61 65 68 74 78 79 45 47 53 60 64 67 73 77 84 44 45 52 59 63 69 72 74 40 39 47 55 58 62 68 71 73 39 38 45 54 56 61 67 70 72 38 36 44 52 55 60 66 69 71 37 34 43 51 54 59 65 68 69 36 33 41 50 53 58 64 67 68 35 31 40 49 52 57 63 66 67 34 30 39 48 50 56 62 54 66 33 28 37 47 49 55 61 53 65 45 52 59 62 66 72 76 77 43 44 50 58 61 65 71 74 76 42 42 49 57 60 64 70 73 75 76 41 41 48 56 59 63 69 72 74 75 40 39 47 55 58 62 68 71 73 74 39 38 45 54 56 61 67 70 72 73 38 36 44 52 55 60 66 69 71 72 37 34 43 51 54 59 65 68 69 71 36 33 41 50 53 58 64 67 68 70 35 31 40 49 52 57 63 66 67 69 34 30 39 48 50 56 62 54 66 33 28 37 47 49 55 61 53 65 32 26 36 46 48 54 60 52 64 31 25 35 45 47 53 59 51 63 30 23 33 44 46 52 58 50 62 29 22 32 43 45 50 57 49 61 28 20 31 42 44 49 56 48 60 27 18 29 41 42 48 55 47 59 26 17 28 39 41 47 54 46 58 25 15 27 38 40 53 54 57 24 14 25 37 39 45 52 53 56 23 12 24 36 38 44 51 52 55 22 10 23 35 36 43 50 51 54 21 9 21 34 35 42 49 50 53 This website is not affiliated with the U.S. government or military. Starostna skupina 17-21 22-26 27-31 32-36 37-41 42-46 47-51 52-56 57-61 Ponoivite 8 2 100 81 99 80 100 98 79 99 97 78 100 97 96 77 98 96 95 76 97 95 94 1 00 100 75 95 93 92 99 99 74 94 92 91 98 98 73 92 91 90 96 97 72 90 89 89 95 96 100 71 89 88 88 94 95 97 60 71 73 76 81 83 88 93 94 96 59 70 72 75 80 82 87 92 93 95 58 68 71 74 79 81 86 91 92 94 57 66 69 73 78 80 85 90 91 92 56 65 68 72 76 79 84 89 89 91 55 63 67 71 75 78 83 88 88 90 54 62 65 70 74 77 82 87 87 89 53 60 64 69 73 76 81 86 86 88 52 58 63 68 72 75 80 84 85 87 51 57 61 66 71 74 79 83 84 86 50 55 60 65 69 73 78 82 83 85 49 54 59 64 68 72 77 81 82 84 86 48 52 57 63 67 71 76 80 81 83 88 93 94 96 59 70 72 75 80 82 87 92 93 95 58 68 69 75 79 80 82 46 49 55 61 65 68 74 78 79 81 45 47 53 60 64 67 73 77 78 79 44 46 52 59 62 66 72 76 77 78 43 44 50 58 61 65 71 74 76 77 42 42 49 57 60 64 70 73 75 76 41 41 48 56 59 63 69 72 74 75 40 39 47 55 58 62 68 71 73 74 39 38 45 54 56 61 67 70 72 73 38 36 44 52 55 60 66 69 71 72 37 34 43 51 54 59 65 68 69 71 36 33 41 50 53 58 64 67 68 70 35 31 40 49 52 57 63 66 67 69 34 30 39 48 50 56 62 54 66 33 28 37 47 49 55 61 53 65 51 54 59 65 68 69 71 36 33 41 50 53 58 64 67 68 70 35 31 40 49 52 57 63 66 67 69 34 30 39 48 50 56 62 54 66 33 28 37 47 49 55 61 53 65 60

