

FLEXED ARM HANG

- This test is an alternative to the push-up and measures upper-body strength.
- Grasp bar with palms facing away. Spotter may assist in helping raise chin above bar.
- Partner should begin stopwatch when you are in position. Partner stops the watch when your chin touches the bar, chin falls below the bar, or head tilts back.



- Body may not swing during the test.
- Allow one trial. Record number of seconds chin was held above bar.

Flexed Arm Hang: Standards for Healthy Fitness Zone®

Age	Boys (seconds)	Girls (seconds)
5	≥2	≥2
6	≥2	≥2
7	≥3	≥3
8	≥3	≥3
9	≥4	≥4
10	≥4	≥4
11	≥6	≥6
12	≥10	≥7
13	≥12	≥8
14	≥15	≥8
15	≥15	≥8
16	≥15	≥8
17	≥15	≥8
>17	≥15	≥8

TRUNK LIFT

- The trunk lift measures low back strength and flexibility.
- Begin test by lying on front, toes pointed, and hands under thighs. Place a marker on the mat right under the nose.
- While keeping your eyes looking at the marker, lift upper body off the floor.
- Neck should remain straight. Do not look up.
- Hold position until measurement is made. Do two trials.
- A height of 12 inches is the highest number that can be recorded.



Number on left is lower end of HFZ; number on right is upper end of HFZ.

Trunk Lift: Standards for Healthy Fitness Zone®

Age	Boys (inches)	Girls (inches)
5	6-12	6-12
6	6-12	6-12
7	6-12	6-12
8	6-12	6-12
9	6-12	6-12
10	9-12	9-12
11	9-12	9-12
12	9-12	9-12
13	9-12	9-12
14	9-12	9-12
15	9-12	9-12
16	9-12	9-12
17	9-12	9-12
>17	9-12	9-12