

Athletics

Muscular Endurance

This is a **component of fitness** that is vital for all athletes.

Each component of fitness has a test you can complete.

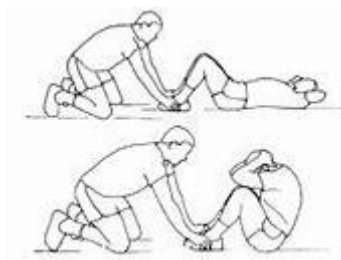
The test for Muscular Endurance is the 1 minute Sit Up Test/1 minute Press Up Test.

How many can sit ups or press ups can you do in a minute?

Press Ups



Sit Ups



Let me know how you get on:

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