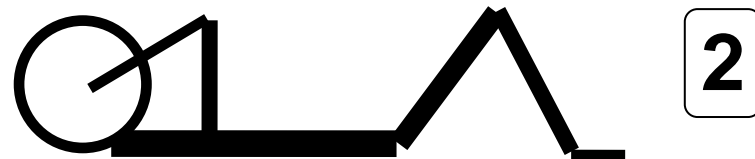
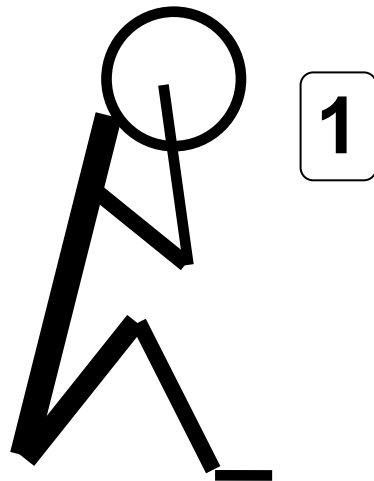


TRUNK CURL

SCORING:- Each complete Curl in 1 minute.

(To be performed on a towel, mat or suitable soft flooring).

Lie on your back with knees bent. A 90 degree angle should be maintained between the upper and lower legs. Place hands on cheeks. Ankles should not be held. Sit up, curling trunk and head until both elbows touch upper legs and then return to the starting position. Although the feet may leave the floor, the right angle (90 degree) between the upper and lower legs must be maintained.



	Points	1	2	3	4	5
Male	No in 1 Minute	20	28	34	40	45
Female	No in 1 Minute	10	20	28	32	36