

FLEXED ARM HANG

(Upper Body Muscular Endurance)

1. Standing on the ground or on a chair, grab the pull up bar with a normal underhand grip (palms facing towards your body).
2. Position your hands directly above your shoulders.
3. When your partner says 'go' and start the stopwatch, pull yourself up into a position where your chin is just clearing the bar.
4. Hold this position for as long as possible.
5. Your partner will stop the stopwatch when your body lowers and the bottom of your nose goes below the level of the bar.
6. Record the total time in seconds.

