

initial test: the road to two hundred sit-ups

RANK	number of sit-ups performed		
	< 30 YEARS	30 - 39 YEARS	> 40 YEARS
excellent	over 76	over 71	over 62
very good	59 - 76	52 - 71	47 - 61
good	50 - 58	46 - 51	37 - 46
average	40 - 49	38 - 45	25 - 36
poor	0 - 39	0 - 37	0 - 24

week 1: pick the appropriate column depending on your initial test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	up to 10 sit-ups	11 - 20 sit-ups	21 - 30 sit-ups
SET 1	3	9	15
SET 2	4	9	18
SET 3	3	6	10
SET 4	3	6	10
SET 5	max (at least 5)	max (at least 8)	max (at least 14)
DAY 2 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	5	9	15
SET 2	6	12	18
SET 3	3	9	15
SET 4	5	9	15
SET 5	max (at least 6)	max (at least 10)	max (at least 18)
DAY 3 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	6	12	17
SET 2	7	15	22
SET 3	6	11	14
SET 4	6	11	14
SET 5	max (at least 8)	max (at least 15)	max (at least 20)

week 2: pick the same column as you did in week 1

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	up to 10 sit-ups	11 - 20 sit-ups	21 - 30 sit-ups
SET 1	6	14	21
SET 2	9	17	21
SET 3	6	12	15
SET 4	6	12	15
SET 5	max (at least 9)	max (at least 17)	max (at least 22)
DAY 2 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	7	15	21
SET 2	9	18	24
SET 3	6	14	18
SET 4	6	14	18
SET 5	max (at least 11)	max (at least 20)	max (at least 26)
DAY 3 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	8	18	24
SET 2	12	20	25
SET 3	8	15	21
SET 4	8	15	21
SET 5	max (at least 12)	max (at least 23)	max (at least 30)
PROGRESS TEST			

week 3: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	21 - 30 sit-ups	31 - 40 sit-ups	> 40 sit-ups
SET 1	15	18	21
SET 2	18	25	27
SET 3	11	19	21
SET 4	11	19	21
SET 5	max (at least 14)	max (at least 25)	max (at least 30)
DAY 2 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	15	21	30
SET 2	18	28	38
SET 3	12	21	23
SET 4	12	21	23
SET 5	max (at least 18)	max (at least 28)	max (at least 38)
DAY 3 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	17	24	33
SET 2	20	32	42
SET 3	14	23	30
SET 4	14	23	30
SET 5	max (at least 20)	max (at least 32)	max (at least 45)



the two hundred sit-ups training program

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Steve Speirs

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	> 110 sit-ups	75 - 90 sit-ups	91 - 110 sit-ups
SET 1	70	38	60
SET 2	85	45	75
SET 3	52	30	38
SET 4	45	22	35
SET 5	max (at least 85)	max (at least 60)	max (at least 75)
DAY 2 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	33	21	30
SET 2	45	23	35
SET 3	45	23	35
SET 4	36	21	30
SET 5	32	15	27
DAY 3 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	39	20	33
SET 2	50	26	45
SET 3	39	24	34
SET 4	39	24	34
SET 5	33	27	27
FINAL TEST			
SET 9	max (at least 105)	max (at least 90)	max (at least 75)
SET 8	40	30	21
SET 7	36	30	26
SET 6	30	26	24

week 6: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	< 60 sit-ups	51 - 60 sit-ups	41 - 50 sit-ups
SET 1	54	26	42
SET 2	60	30	52
SET 3	45	23	38
SET 4	36	23	33
SET 5	max (at least 60)	max (at least 30)	max (at least 52)
DAY 2 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	30	27	15
SET 2	36	30	20
SET 3	36	30	22
SET 4	30	26	18
SET 5	30	26	18
DAY 3 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	30	26	18
SET 2	36	30	22
SET 3	36	30	22
SET 4	30	26	18
SET 5	30	26	18
PROGRESS TEST			
SET 8	max (at least 75)	max (at least 45)	max (at least 67)
SET 7	40	15	30
SET 6	30	18	26
SET 5	30	18	26
SET 4	30	18	26
SET 3	30	18	26
SET 2	30	18	26
SET 1	30	18	26

week 5: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	> 40 sit-ups	21 - 30 sit-ups	31 - 40 sit-ups
SET 1	32	18	27
SET 2	38	21	33
SET 3	32	17	24
SET 4	32	15	24
SET 5	max (at least 48)	max (at least 24)	max (at least 38)
DAY 2 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	38	21	30
SET 2	45	24	38
SET 3	38	30	18
SET 4	38	30	18
SET 5	max (at least 54)	max (at least 27)	max (at least 42)
DAY 3 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	45	24	35
SET 2	50	27	42
SET 3	45	20	35
SET 4	45	20	35
SET 5	max (at least 60)	max (at least 30)	max (at least 50)
PROGRESS TEST			
SET 5	max (at least 105)	max (at least 90)	max (at least 75)
SET 4	45	35	20
SET 3	45	35	20
SET 2	50	42	27
SET 1	45	35	24

week 4: pick the same column as you did in week 3