



# PUSH-UPS

measure the

## Muscular

## Strength and

## Endurance

of your upper arm  
muscles.

The biceps, triceps, deltoid,  
and pectoralis major muscles  
are strengthened when  
performing the push-up!

# **PUSH-UPS**

## **INSTRUCTIONS**

1. **WORK IN PARTNERS.** One partner will perform the push-up. The other partner counts the push-ups and watches to see that **THE ARMS BEND TO A 90° ANGLE ON EACH PUSH-UP.**
2. **Partner performing the push-up assumes the push-up position. The hands MUST BE PLACED UNDER THE SHOULDERS.**
3. **The “DOWN” command on the tape signals the time to begin. Lower the body until the ELBOWS BEND TO A 90° ANGLE AND THE UPPER ARMS ARE PARALLEL TO THE FLOOR. THE BACK SHOULD REMAIN STRAIGHT THROUGHOUT THE TEST.**
4. **On the “UP” command, return to the up position with a STRAIGHT BACK AND THE ARMS FULLY EXTENDED.**
5. **CONTINUE doing push-ups until you are TIRED, IMPROPER FORM IS DISPLAYED, OR YOU CAN NO LONGER KEEP THE CADENCE ON THE TAPE. ON YOUR SECOND CORRECTION, YOUR TEST IS OVER.**
6. **RECORD YOUR SCORE on your fitness record.**
7. **SWITCH PLACES so both partners have a chance to perform the push-up test!**