

Push-up Test

Test of upper body muscular strength and endurance

Equipment Needed

- Cadence CD/Program – 1 second down, 1 second up
- Tennis Ball – Used as depth marker

Description

- Athletes set up and complete as many push-ups as they can in cadence with prescribed tempo
- Starting position is a plank position with arms fully extended
- Athlete to lower themselves to tennis ball and fully extend their elbows to starting position
- Partner watches to make sure that athlete is going through full range of motion and in cadence

Repetitions and Scoring

- A full repetition consists of eccentric and concentric component (down and up)
- Pace of each rep is to follow set cadence
- Depth of each push-up is to tennis ball
- Full rep is counted when elbows are locked out
- If necessary, push-ups can be done from modified position
- Repetitions are counted to the whole number
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DQ/Penalty

- Failure to keep up with cadence for 2 reps
- Failure to complete full rep 2 times in a row (failed reps do not count)
- Resting body on the ground for more than 2 seconds

