

90° PUSH-UP



OBJECTIVE:

Measure upper-body muscular endurance

EQUIPMENT:

Recorded cadence: 20
90° push-ups per minute
(1 90° push-up every
3 seconds)



1 TEST INSTRUCTION & EXECUTION:

Pair students together

- One student performs test, the other counts properly completed push-ups
- Student looking for elbow to bend to 90°, and the upper arm to be parallel to the floor

Proper push-up position and execution

1. Prone, hands under to slightly wider than shoulder width
2. Straight legs and slightly apart, toes tucked
3. Straight back and legs maintained throughout duration of test
4. Student lowers their body until the elbows bend at a 90° and the upper arms are parallel to floor
5. Return to starting position
6. Repeat to cadence as many times as possible

3 SCORING

- ☑ 90° Push-Ups are recorded by number completed
- ☑ Disqualification:
 - Students are disqualified after their 2nd correction (1 correction is allowed)
 - Corrections are qualified as:
 - » Stopping to rest/falling out of cadence
 - » Not bending their elbow to 90°
 - » Not maintaining straight back and legs
 - » Not extending arms fully
 - » For all corrections, count the 1st rep, however discount the 2nd correction