



Push-up Analysis

The examiner says: "I am now going to measure the dynamic force of your upper body with a dynamic pushups test. I want you to put your hand on the plates, arms to the width of your shoulders with hands placed straight below in the beginning position. You will start with full elbow extension on the devices and then descend to maximum elbow flexion. After that, you will ascend back to the starting position. You should aim to perform the maximum number of repetitions in the given time. Ready, set, go."

Repetitions 3   Rep Duration 5s   Preperation time 5s   Rest Periods 2s

Global Summary (Average of Trials)

Number of Push-ups

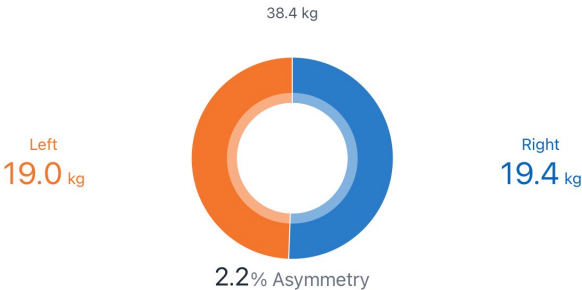
1 ±0

Pace

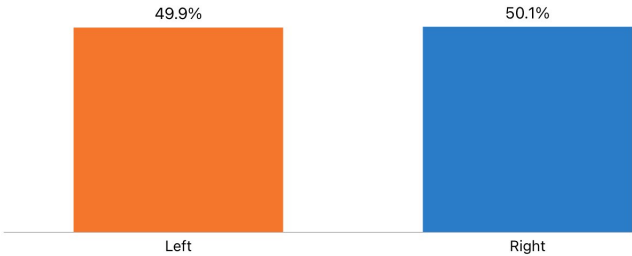
12.0 /min ±0 ms

Force Distribution during the whole measurement

Peak Force

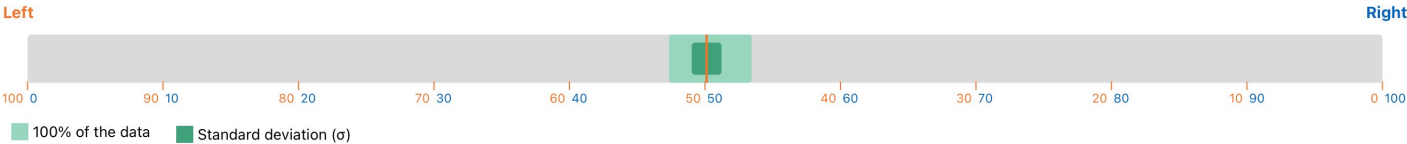


Average Weight Distribution



Weight shift consistency

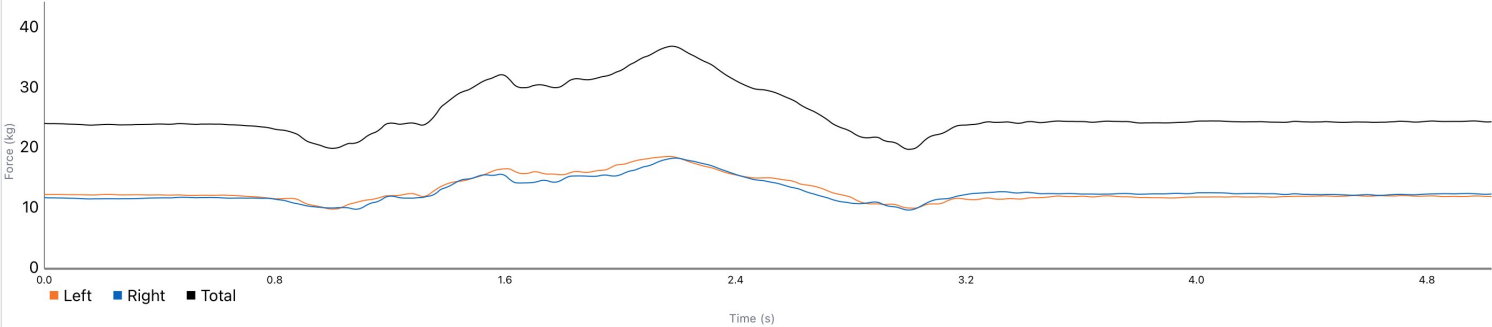
Max Left L 52.6% / R 47.4%      Average L 49.9% / R 50.1%      Max Right L 46.6% / R 53.4%



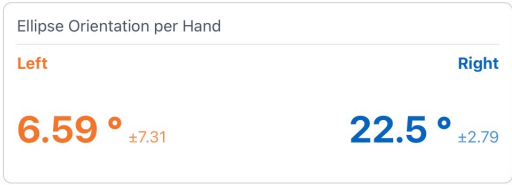
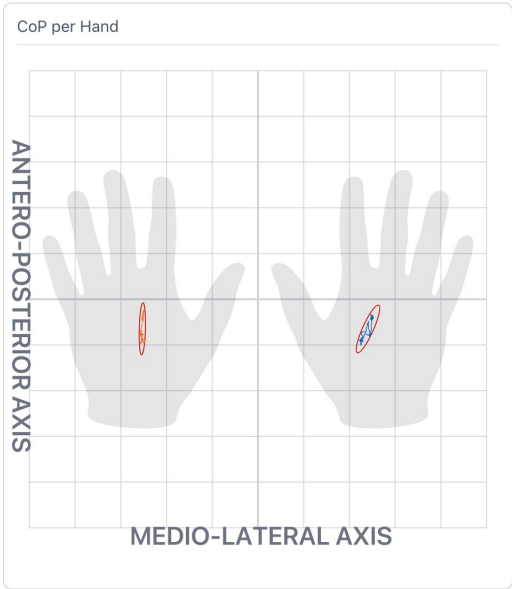
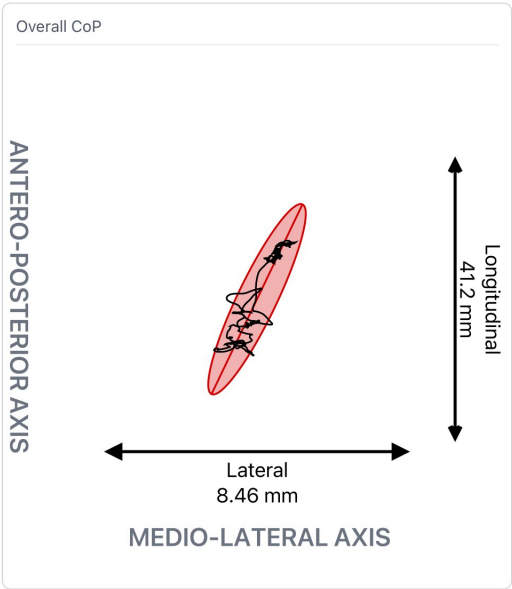
Interactive graphs and values

Set Selection

Set 1   Set 2   Set 3



CoP Analysis



Resultant CoP	Surface (mm²)	Total Displacement (mm)	Mean Velocity (mm/s)	Longitudinal Amplitude (mm)	Lateral Amplitude (mm)
	296 ±16.2	168 ±8.62	33.3 ±1.68	-21.1 ±0.993	94.0 ±0.920

CoP per Hand	Lateral	Longitudinal	Lateral	Longitudinal
	Left		Right	
Mean Position (mm)	-0.067 ±0.806	-20.8 ±1.11	188 ±0.330	-21.3 ±0.850
Amplitude (mm)	7.20 ±1.95	24.9 ±0.818	11.6 ±0.779	25.4 ±1.67
Surface (mm²)	175 ±19.0		221 ±40.9	

Summary Per Phase

Set Selection

Set 1

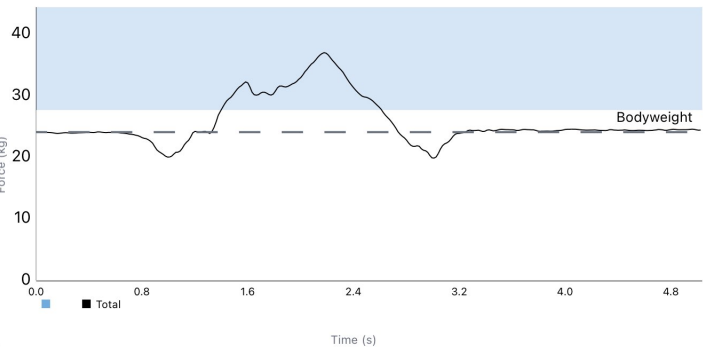
Set 2

Set 3

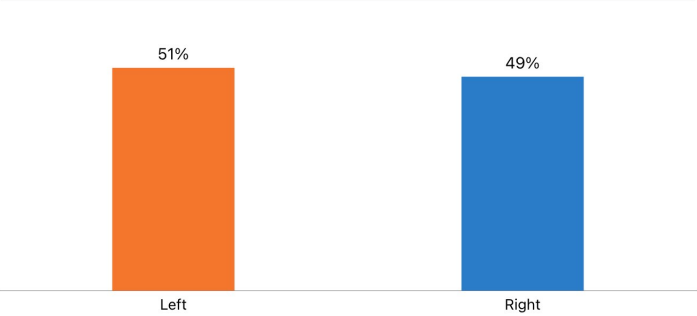
Loading

Force applied above body weight

Graph Section



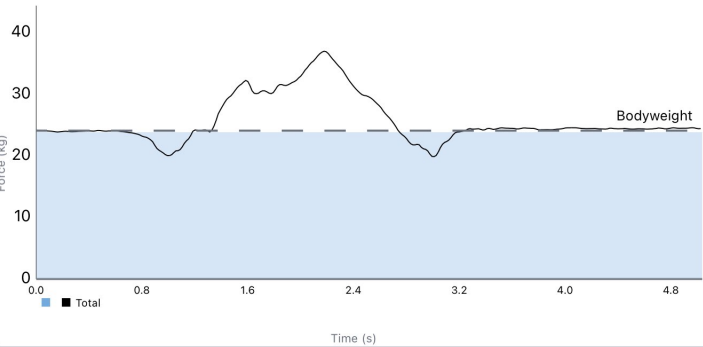
Weight Distribution



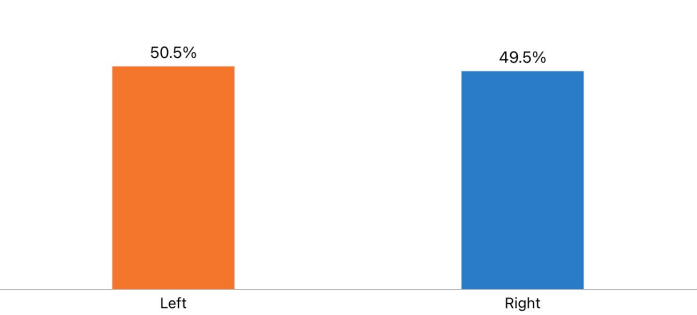
Unloading

Force applied below body weight

Graph Section

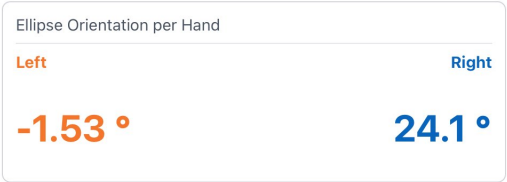
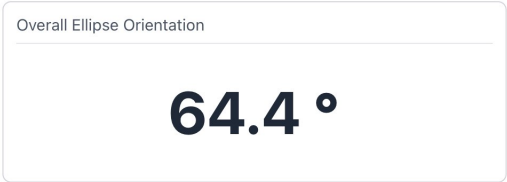
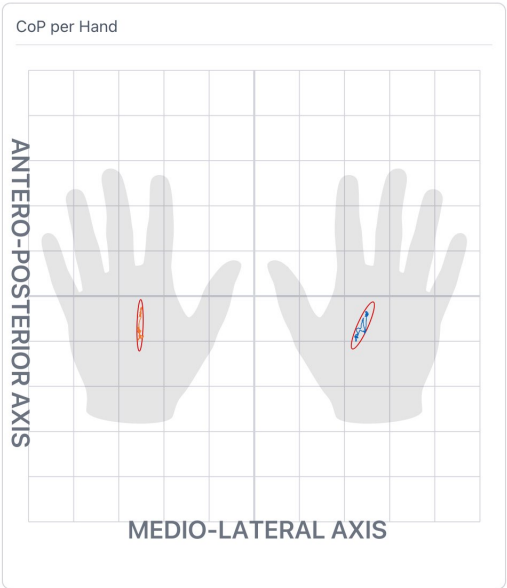
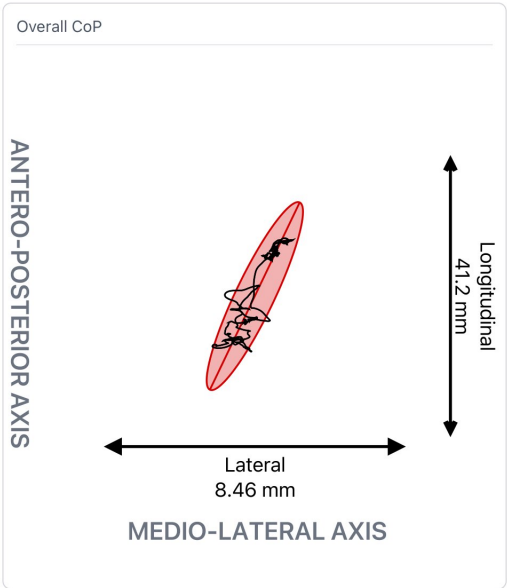
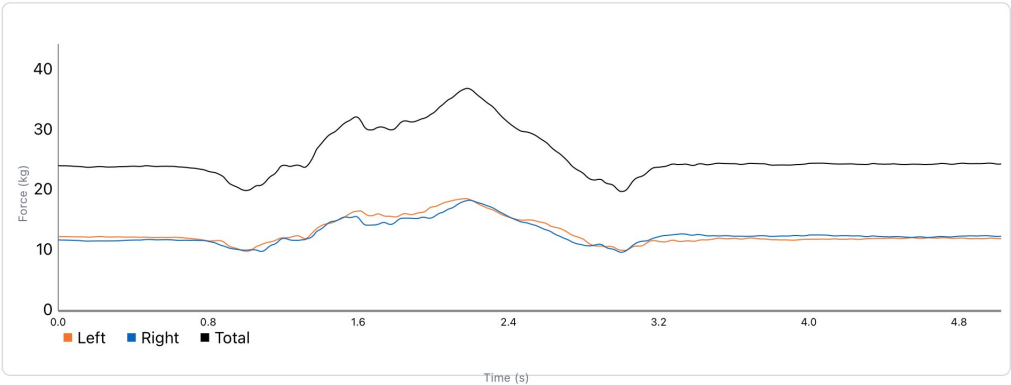


Weight Distribution



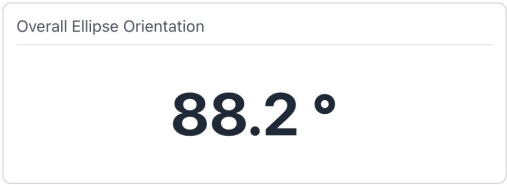
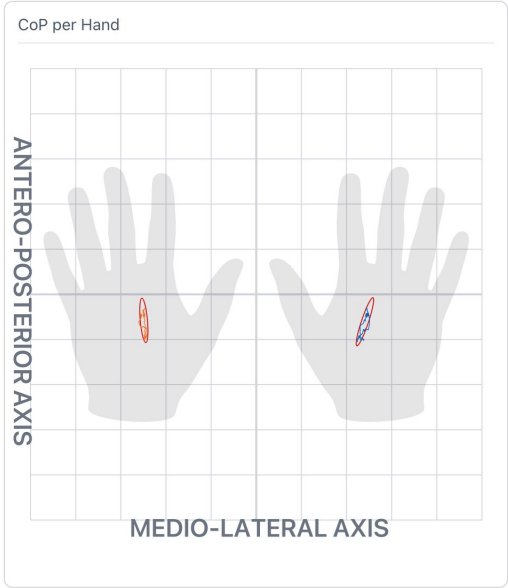
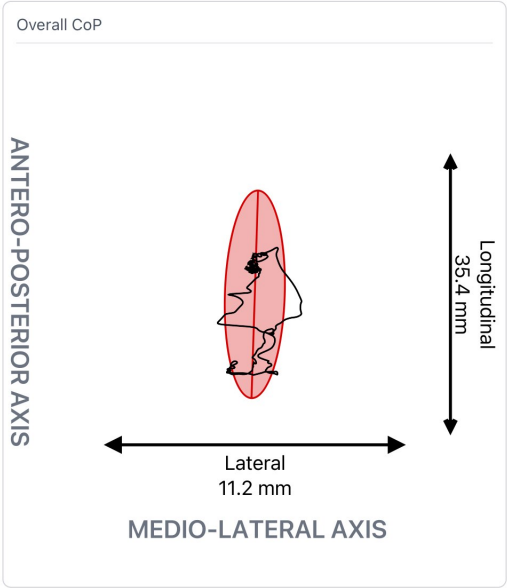
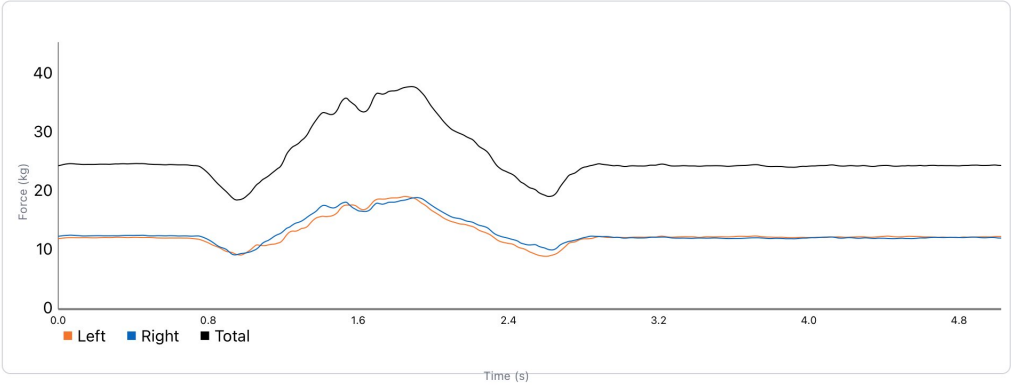
Summary Per Set

Set 1  
Number of Reps: 1 | Pace (rep/min): 12.0



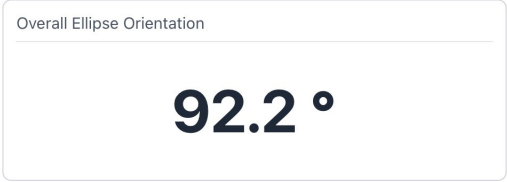
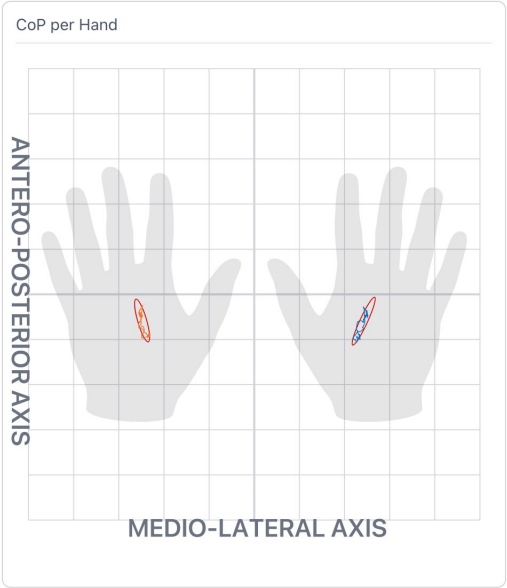
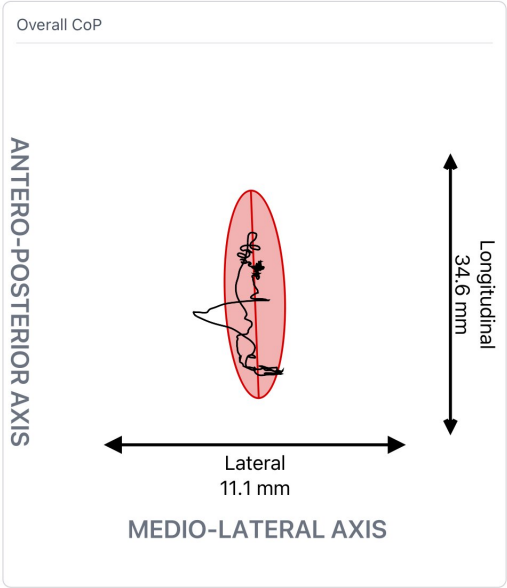
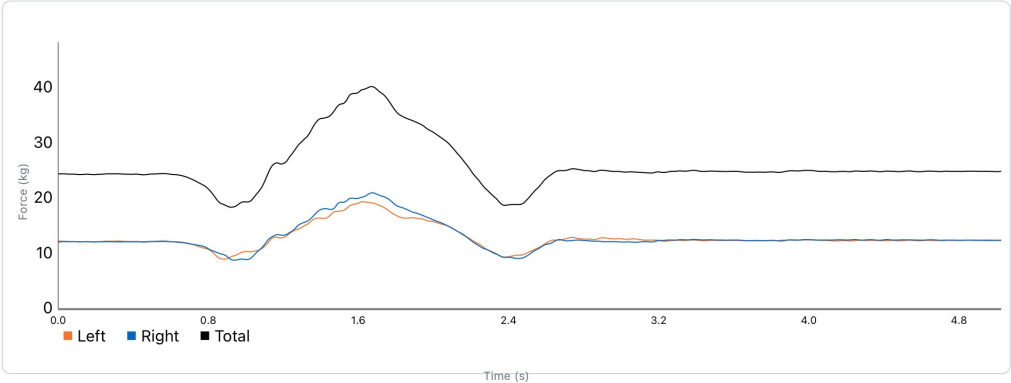
Resultant CoP	Surface (mm²)		Total Displacement (mm)		Mean Velocity (mm/s)		Longitudinal Amplitude (mm)		Lateral Amplitude (mm)	
	274		178		35.3		-22.5		92.7	

CoP per Hand	Lateral		Longitudinal		Lateral		Longitudinal	
	Left				Right			
Mean Position (mm)	-1.20		-22.4		187		-22.5	
Amplitude (mm)	5.10		25.7		11.5		23.1	
Surface (mm²)	160				277			



Resultant CoP	Surface (mm²)	Total Displacement (mm)	Mean Velocity (mm/s)	Longitudinal Amplitude (mm)	Lateral Amplitude (mm)
	312	157	31.2	-20.5	94.7

CoP per Hand	Lateral	Longitudinal	Lateral	Longitudinal
	Left		Right	
Mean Position (mm)	0.400	-20.0	187	-21.0
Amplitude (mm)	6.70	23.8	10.7	26.3
Surface (mm²)	162		181	



Resultant CoP	Surface (mm²)	Total Displacement (mm)	Mean Velocity (mm/s)	Longitudinal Amplitude (mm)	Lateral Amplitude (mm)
	301	168	33.4	-20.3	94.6

CoP per Hand	Lateral	Longitudinal	Lateral	Longitudinal
	Left		Right	
Mean Position (mm)	0.600	-20.1	188	-20.5
Amplitude (mm)	9.80	25.3	12.6	26.9
Surface (mm²)	202		205	