**Pushup Procedure**

* 1. **Introduction**
     1. **Purpose,** the purpose of this article is to provide steps specific enough to allow a robot without previous knowledge of a pushup to perform pushups.
     2. **Precautions,** do not perform prodecure near water, and have access to a power cord thats at least 6ft long
     3. **Prerequisities,** have a 6x3ft2 or greater space to safely perform the procedure. Have access to a power source.
  2. **Prep work**
     1. Clear off space of any objects.
     2. Secure battery or power cord.
  3. **Procedure**
     1. **Pushup Preperation**
        1. Bend legs into crouching position.
        2. Extend both arms out to 45 degree angle so that when falling the hands land in exact pushup position.
        3. Shift weight forward with torso to fall towards the ground. Use arms to brace fall.

*Note****—***avoid shifting weight forward too quickly to avoid causing damage to arms.

* + - 1. With arms on the ground as support extend legs until only the hands, knees, and toes are contacting the ground.
      2. Extend knees further until body is suspended over the ground with the only two points of contact being toes and hands. Hands should be positioned directly below shoulder joint.
    1. **Pushup Sequence**
       1. Bend arms to 45 degree angle at elbow joint to perform the first half of a pushup and wait 2 seconds.
       2. Extend arms 45 degrees to be straight perfoming the second half of a pushup then wait 2 seconds.
    2. Repeat the *pushup sequence* 2 more times to perform 3 total pushups.
    3. **Post-Performance Activities**
       1. Extend toes and arms and fall flat to the ground.
       2. Roll torso and upper legs back into crouched position.
       3. Extend legs to stand up.

