


# Push-Up Contest – Game Instruction

**Title:** Push-Up Contest

**Category:** Indoor

**Subcategory:** Males

**Players:** 2 or more

**Time Required:** 5–10 Minutes 

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## Description

Push-Up Contest is a quick and competitive strength-based game that tests players' upper body endurance. Perfect for boys and male teens, it adds excitement to physical fitness by turning a basic exercise into a fun indoor challenge.

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## Materials Needed

- A soft floor mat or carpet
  - Stopwatch or timer
  - Pen and paper for scoring (optional)
  - Whistle (optional)
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## How to Play

### Setup:

- Clear a space with enough room for each participant to perform push-ups safely.
- Set a timer for the desired contest length (e.g., 30 seconds, 1 minute).

### Objective:

Do as many proper push-ups as possible within the time limit.

### Rules:

- All players start in push-up position.
- On the signal, begin push-ups while keeping form (straight back, chest near the ground).
- Only fully completed push-ups count toward score.
- No resting on the ground; pausing in plank is allowed.
- Most push-ups within the limit wins.

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### **Tips & Variations**

- **Offer beginner, intermediate, and advanced categories.**
- **Use a judge to verify correct form and count.**
- **Try elimination rounds to find a final winner.**
- **Create team relays (each team member does a push-up round).**