

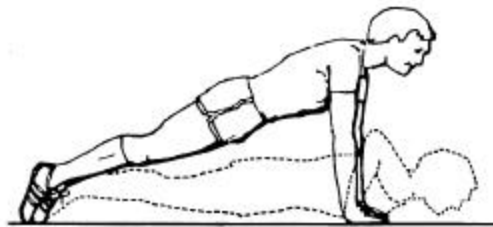
Performing the Exercises

Push-Ups

EQUIPMENT: Mats, such as those used for tumbling or wrestling.

TIME LIMIT: Two Minutes

IMPORTANT: No rest pause is permitted. Exercise must be completed with continuous motion.



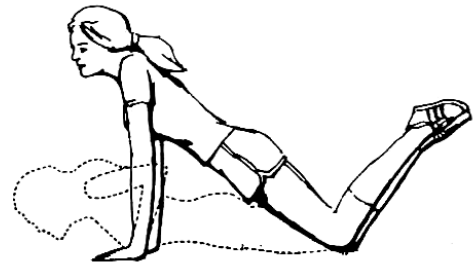
FULL EXERCISE

Position: Hands are placed palm down on mat, thumbs directly under the shoulders. Body is held in a straight line from the shoulders to the feet with no part of the body touching the mat. Elbows are locked with arms forming a straight line from the shoulders to the wrists. Feet may be no more than one foot apart. Counter lies face down on the mat opposite the competitor, placing his hand palm down under the competitor's chest.

Execution: The competitor lowers his body by bending the elbows and bringing torso downward until the chest touches the back of the counter's hand. The body must maintain a straight line from the shoulder to the feet. The competitor then returns to the starting position, again maintaining his body in a straight line. The elbows must lock straight before the next repetition begins.

MODIFICATION #1

Position: Extend arms to full length with hands and fingers pointing forward on ground just under and slightly outside of the shoulders. The knees are bent at right angles to the body. The body is extended so that it is in a straight line. The hands and knees support the competitor's weight. Counter lies face down on the mat opposite the competitor, placing his hand palm down under the competitor's chest.

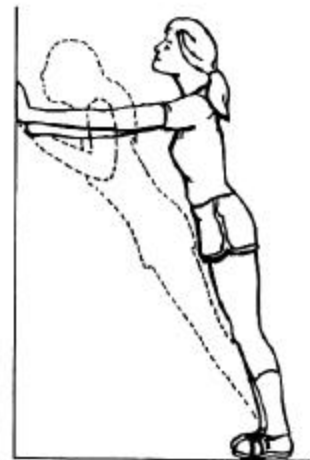


Execution: The competitor keeps the body tense and straight, bend the elbows and touch chest to the back of counter's hand. Feet will remain in the air where knees are still bent at right angles to the body. Return by pushing body back to original position so that elbows lock straight before the next repetition begins.

MODIFICATION #2

Position: Stand with feet together one arm's length from the wall. Place hands flat on wall approximately one body width apart, keeping arms straight.

Execution: Bending elbows, lean body into wall until forehead touches the wall. Push the body back until arms are straight. Repeat exercise as many times as possible.



Push up Scoring Chart

REPS	Age 5	Age 6	Age 7	Age 8	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15	Age 16	Age 17+	College	Meet
1		-	-	-	-	-	-	-	-	-	-	-	-	8	
2		10	9	6	6	4	4	4	2	2	2	2	2	10	10
4	AS DETERMINED BY FITNESS INSTRUCTOR	20	18	12	12	8	8	8	4	4	4	4	4	14	14
6		30	27	18	18	12	12	12	8	6	6	6	6	18	18
8		40	36	24	24	16	16	16	12	8	8	8	8	22	22
10		50	45	30	30	20	20	20	16	12	10	10	10	26	26
12		60	54	36	36	24	24	24	20	16	12	12	12	30	30
14		70	63	44	42	28	28	28	24	20	14	14	14	34	34
16		80	72	52	48	32	32	32	28	24	16	16	16	38	38
18		90	81	60	54	36	36	36	32	28	20	20	18	41	41
20		95	90	68	60	40	40	40	36	32	24	24	20	43	43
22		100	95	76	66	48	44	44	40	36	28	28	24	45	45
24		"	100	84	72	56	48	48	44	40	32	32	28	47	47
26		"	"	92	78	64	52	52	48	44	36	36	32	49	49
28		"	"	100	84	72	60	56	52	48	40	40	36	51	51
30		"	"	"	92	80	68	60	56	50	44	44	40	53	53
32		"	"	"	100	88	76	68	60	56	52	48	44	55	55
35		"	"	"	"	100	88	80	72	64	58	54	50	58	58
38	"	"	"	"	"	100	92	84	76	68	60	56	61	61	
40	"	"	"	"	"	"	100	92	84	76	68	60	63	63	
42	"	"	"	"	"	"	"	100	92	84	76	68	65	65	
44	"	"	"	"	"	"	"	"	100	92	84	76	68	68	
46	"	"	"	"	"	"	"	"	"	100	92	84	72	72	
48	"	"	"	"	"	"	"	"	"	"	100	92	76	76	
50	"	"	"	"	"	"	"	"	"	"	"	100	80	80	
54	"	"	"	"	"	"	"	"	"	"	"	"	88	88	
58	"	"	"	"	"	"	"	"	"	"	"	"	98	94	
60	"	"	"	"	"	"	"	"	"	"	"	"	100	100	