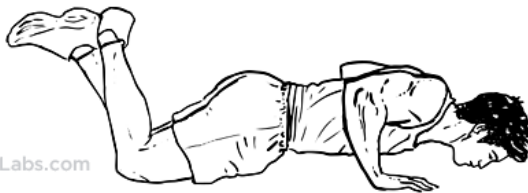


MODIFIED PUSH UP



WorkoutLabs.com

MODIFIED PUSH UP FORM & TEST INSTRUCTIONS

- Back & legs need to be straight to knees (Stomach should not sag, back should not be too high)
- Stay on knees
- Hands about shoulder with apart
- Elbows bend 90 degrees (chest should touch ball)-then a short pause
- Keep head up and eyes looking forward about 2 feet in front of hands.
- Keep in rhythm/cadence: DOWN-UP (do not go to fast)
- You are done when you have **TWO** forms breaks, you cannot keep up with cadence or you can no longer continue. **Form breaks:**
 - back becomes rounded or unusual curve in back
 - shoulder blades show, head drops
 - Elbows do not bend 90 degrees
 - Not in rhythm

Healthy Zone

AGE	GIRLS	BOYS
6	10-24	10-24
7	12-22	12-25
8	15-25	16-25
9	18-28	19-28
10	20-30	22-32
11	20-32	23-33
12	21-33	27-37
13	22-35	31-40
14	24-38	36-42
15	25-40	40-50