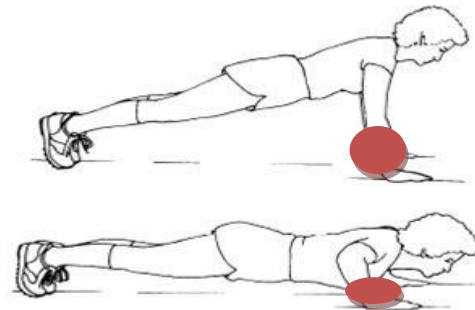
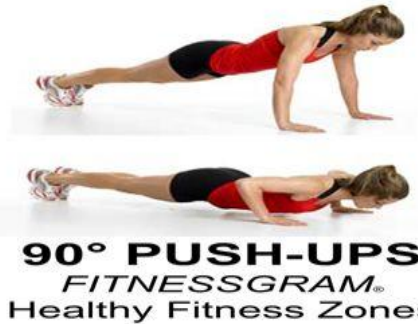


PUSH UP

MUSCULAR STRENGTH AND ENDURANCE

Measuring upper body strength and endurance, students lower body to a 90-degree elbow angle and push up. Set to a pace, students complete as many times as possible .



HEALTHY ZONE

AGE	GIRLS	BOYS
6	3-6	3-6
7	4-7	4-8
8	5-8	5-10
9	6-10	6-12
10	7-11	7-15
11	7-12	8-18
12	7-14	10-20
13	8-15	12-22
14	9-18	14-25
15	10-20	16-30

core is 50

PUSH UP FORM & TEST INSTRUCTIONS

- Back & legs need to be straight (Stomach should not sag, back should not be too high)
- Stay on toes & feet together (no more than 12 inches apart)
- 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