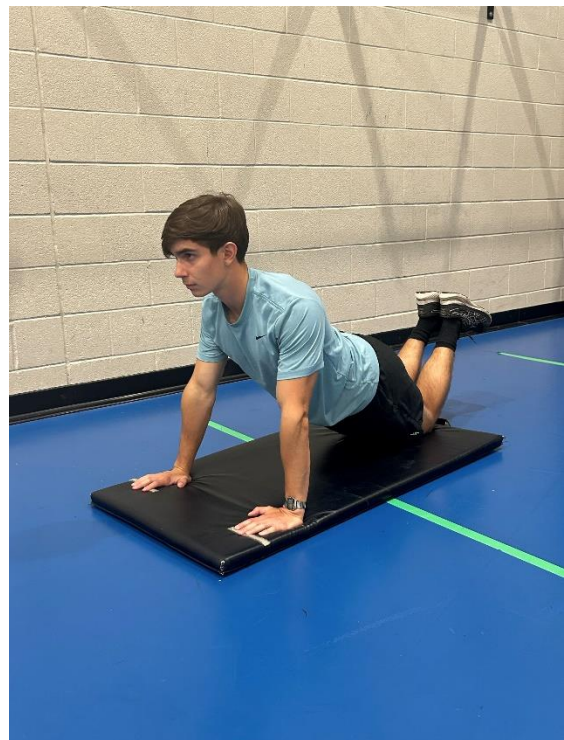


BENT KNEE PUSH-UP

1. Objective of the knee push up:
 - a. The bent knee push-up is an assessment of upper body strength and endurance.
2. Conducting the push-up
 - a. have the cadet lay face down and place their hands under or slightly wider than their shoulders with fingers stretched out;
 - b. have the cadet raise their lower legs into the air, so they form a 45-degree angle with the ground (legs may be crossed if it is more comfortable);
 - c. have the cadet push up with their arms until they are straight, keeping the back aligned, with the knees resting on the floor;
 - d. have the cadet lower their body using their arms until the elbows bend at a 90-degree angle and the upper arms are parallel to the floor;
 - e. have the cadet repeat Steps c and d repeatedly at a cadence of one push-up every three seconds (the Leger's 20-m Shuttle Run Test CD: Partial Curl-Ups Sit-Ups Cadence may be used) until a second form correction is made in a row (the first form correction does not count), or they can no longer continue; and
 - f. the scorekeeper will count how many times the cadet can complete a push-up



3. Scoring the bent knee push-up
 - a. Scoring for the push-up is based on the number of push-ups completed; until a second form correction is made in a row (the first form correction does not count), or the cadet can no longer continue.
 - b. Form corrections include:
 - (1) stopping to rest or not maintaining a rhythmic pace;
 - (2) not achieving a 90-degree angle with the elbow on each repetition;
 - (3) not maintaining correct body position with a straight back; and
 - (4) not extending the arms fully.