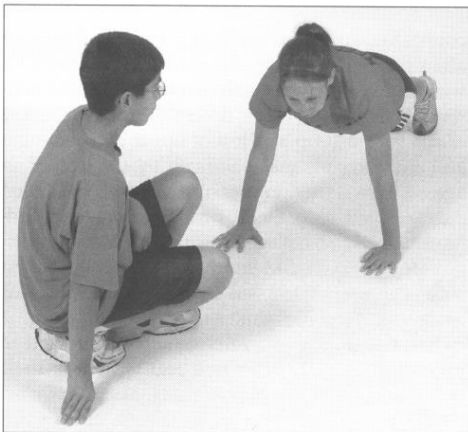
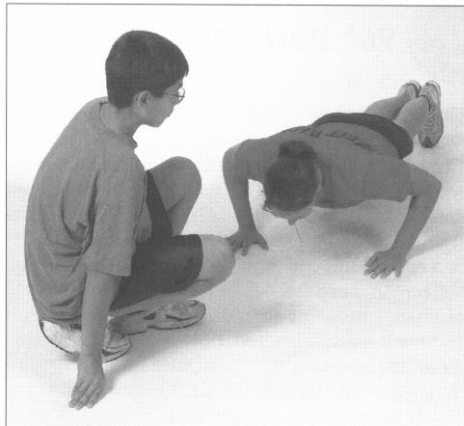


PUSH-UP

1. Objective of the Push-up
 - a. The 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 straighten their legs with feet slightly apart and tuck their toes under the shins;
 - c. have the cadet push up with their arms until they are straight, keeping the legs and back aligned (as illustrated in Figure A3-1);
 - 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 (as illustrated in Figure A3-2);
 - 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. have the scorekeeper count how many times the cadet can complete a push-up (which is the push-up score)



Push-Up Starting Position



Push up "down" position.

3. Scoring the 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.