
Push Up Test Procedure

REQUIRED EQUIPMENT: Stop watch, fitness mat, pen, clipboard, Fitness Testing Recording Form

PROCEDURE:

1. Explain the test to the client
2. Warm up the client in preparation for the test.
3. Demonstrate correct technique and the rules of the test:
 - a. Lay on your stomach with your hands under your arm pits and toes curled under
 - b. Push up into hands and toes so there is a straight line from the shoulders to feet
 - c. Lower the chest down until there is a right angle at the elbows
 - d. Push up to return to the starting position
 - e. You may rest in the following positions:
 - i. pushing your hips up into the air (without moving their hands and feet)
 - ii. letting the hips drop down, but not touching the ground (without moving their hands and feet)
 - f. A push up will not be counted if:
 - i. the hands or feet are moved off the ground
 - ii. the chest doesn't come all the way down until the elbows are at a right angle
 - iii. The hips sag
4. Ask the client to demonstrate that they understand what is required by performing 4-5 push ups and rest position
5. Ask the client if they have any questions
6. Ask the client to do as many push ups as they can in 2 minutes
7. Record the results

NORMATIVE / COMPARATIVE DATA:

There is no normative data for this test. The results of the test should be used as a bench mark for the next time client is tested.