

FITNESS TESTING - *PUSH-UPS*

This is a general description of how the Antioch Physical Education Department measures upper body muscular strength.

- *Purpose:* The push-up test measures muscular strength of the pectorals, biceps, triceps, deltoids, trapezius, and latissimus dorsi.
- *Equipment required:* Flat surface, a dodgeball, and record sheet.
- *Push-up technique:* Described here is the method ACHS uses when testing upper body muscular strength. The student being tested must do the following:
 1. Shirt tucked in shorts
 2. Position the upper body over the ball
 3. Arms shoulder distance apart
 4. Hands facing forward
 5. Both feet on the floor with body in a straight line
 6. Lower the body towards the ball by bending the elbows
 7. Straighten arms completely in the up position
- *Comments:* Make sure the student does not break their technique. Once their core begins to sag, they become tired, the student is done performing the push-up.

