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## Protocol for Push-Ups

### ***Purpose***

This measures muscular endurance of the upper body (anterior deltoid, pectorals major, and triceps).

### ***Procedure***

- Hands are placed shoulder width apart with fingers pointing forward and feet together on a level surface.
- Start from the up position with arms fully extended, only hands and feet touching the ground.
- Keep your back and hips straight at all times. Any deviation will be considered an incorrect push up.
- Lower your body to the ground until your elbows reach a 90 degree angle.
- Return to the up position with your arms fully extended. This is one repetition.
- Resting is permitted only in the up position. Both hands and feet must remain in contact with the ground at all times.
- If your knees, hips, or chest touch the ground the counter will stop the exercise and you **cannot** continue.
- If a push up is done incorrectly, the counter will immediately advise you of the correction, and the incorrect push up will not be counted towards the final score.
- The total number of **correct** pushups is recorded as the score. You must stop when the minimum is reached (18) or the time has elapsed.

### ***How to Prepare for Push-Ups***

1. Determine the maximum number of correct push-ups you can do in one minute.
2. Multiply that number by .75 (75%). Round off the result to the lowest number. This will be the number of repetitions (push-ups) you will do per set.
3. Warm up with some light activity of your choice, such as a stationary bike, walking or jogging on the treadmill, light calisthenics, etc.
4. Perform the number of push-ups (correct form) determined in the calculation done in #2 above.
5. Rest no longer than 60 seconds, and do another set of repetitions.
6. Repeat #4 and #5 until you have done 3 or 5 sets of repetitions. Even though the last sets may be difficult, maintain proper form. If you have to hesitate longer on the floor on the last sets to get in the full number, then do so but rest no longer than necessary. It is important that you get in all the repetitions.
7. Do this routine every other day. Increase the number of reps per set by 1 or 2 each week.

**Note:** If you are unable to do at least 5 reps per set, then you will have to adjust the above calculations on modified push-ups (from the knees) in order to keep the number of reps high enough to address muscular endurance. You should also get assistance in designing a strength routine using selectorized machines including chest, arms and trunk exercises.