

### **EVENT #3**

#### **PUSH-UPS**

The Push-Up event measures upper body strength. The examinee is required to do as many push-ups as possible in 60 seconds.

- This event is performed on the floor without a mat.
- The examinee must correctly position the center of their breastbone over the 3-inch indicator. The examinee's hands are to be positioned shoulder width apart with their feet no more than 6 inches apart.
- After the examinee indicates they are "set" the proctor with the timer starts the event with "ready, go." One complete push-up has occurred when the examinee:
  - a. Starts in the "up" position with elbows locked;
  - b. Moves downward keeping their legs, hips and torso in the same plane;
  - c. Strikes the 3-inch indicator with their breastbone;
  - d. The examinee returns to the "up" position keeping their legs, hips and torso in the same plane.
- The examinee may rest only with their arms fully extended in the up locked position. Only push-ups performed in the manner outlined above will be counted.

#### **Preparation for the Push-Ups Event**

To prepare for this test, first see how many push-ups you can do in one minute. This will establish your initial training repetitions (ITR). Retest your maximum number of push-ups in 60 seconds once each week.

The push-ups must comply with the prescribed MCOLES protocol for a push-up. The following training schedule is provided for your consideration:

<u>Week</u>	<u>Repetitions</u>	<u>Frequency</u>
	(No Time Limit)	
1	ITR	3x/week
2	ITR+2	3x/week
3	ITR+4	3x/week
4	ITR+6	3x/week
5	ITR+8	3x/week
6	ITR+10	3x/week
7	ITR+12	3x/week
8	ITR+14	3x/week



Starting Position



Chest to Indicator



Completed Push-Up