



# How To: Test Your Strength With The Push-Up Test

## Push Yourself.

A great indication of upper body strength and total body stabilization is the push-up. The push-up requires enormous upper body strength and total body stability.

Dependent on level, you will need wall space, a desk or bench.

**Get Involved:** The one-minute push-up test can help you understand your beginning strength level. There are two modifications that you can use to perform this test, one for beginners and one for stronger or more advanced exercisers.

**Beginner:** use a wall (easiest position), desk (moderate difficulty) or bench (most difficult position for beginners) and get into push-up position. Keep your back straight, your head and hips level with your back (don't allow your low back to sag down to the ground). Keep your feet hip-width apart and your hands and arms in-line with your shoulders. Lower your body until your chest barely brushes up against the bench, desk or wall and push back up to the starting position. (Your body should stay in a perfect line when you are performing the modified push-up).



**Test:** Set your timer for one minute and begin performing as many push-ups as possible within the time limit. Record the number of push-ups completed (don't count push-ups where you did not keep good form).

Push-ups performed: \_\_\_\_\_

**Intermediate/Advanced:** Start in regular push-up position. Keep your back straight, your head and hips level with your back (don't allow your low back to sag down to the ground). Keep your feet hip-width apart and your hands and arms in-line with your shoulders. Lower your body until your chest barely touches the floor, push back up to starting position. (Your body should stay in a perfect line when you are performing the modified push-up).

**Test:** Set your timer for one minute and begin performing as many push-ups as possible within the time limit. Record the number of push-ups completed (don't count push-ups where you did not keep good form).

Push-ups performed: \_\_\_\_\_

Re-test after 4 weeks. Performing more push-ups in the allotted time will indicate increased strength and total body stability.