

**Muscular
Strength and
Endurance:
90° Push-Up**



Complete as many push-ups as possible (max 75) to the set cadence

Instructions:

1. Hands under the shoulders and fingers stretched out
2. Legs straight (toes tucked under)
3. Feet close together (no wider than shoulder width apart)
4. Push off mat until arms, legs and back are straight
5. Bend arms until elbows are at 90 degrees
6. Keep back straight
7. One 90 degree push-up every 3 seconds
8. Test is over after second form break
9. Record number of completed push-ups