



Pushup

To test the forward and back stability of the trunk and scapular

Equipment needed: mat

Pushup (modified)



Standard Pushup



Proper Form of a Pushup

- Athlete should start lying flat on the ground-or on knees if modified
- He/she should place hands palm down on the ground slightly wider than shoulder width apart and thumbs at approximately shoulder height
- Athlete curls toes upward (towards head) so the balls of the feet touch the ground
- He/she pushes down into the ground and slowly straightens elbows until they are only slightly bent (not locked)
- Straight line should fall along the ankle, knees, spine, shoulders and head
- Please note if modified push up is used

Form Rating Scale

1. Ankles, knees, hips, spine, shoulders and head remain aligned
2. No spinal movement is observed (i.e. sagging)
3. Shoulder blades remain flush against the rib cage throughout the execution of one rep

Pushup Test

- Record the number of pushups completed without a large pause- must be proper form
- Stop the test when athletes are unable to maintain appropriate technique for 2 consecutive pushups. **Please note if modification is used.**