

Right Angle Push-Ups (*revised 2009*)

Test Objective and Rationale

The objective of this test is to measure upper-body strength and endurance. The right-angle push-up is recommended as a test of upper-body strength and endurance. Muscle fitness is required for people of all ages in order to perform daily living and recreational activities with vigor and undue fatigue.

Test Description

Starting Position

The student assumes the prone position (face down).

- Hands laced slightly wider than shoulder width with fingers stretched out
- Legs straight and parallel
- Feet cannot be resting against an object
- Back is straight
- The head is positioned so the student is looking slightly in front of hands

Test Performance

- The test begins in the up position.
- The test administrator starts the cadence (on tape) and signals the students to begin.
- Students begin performing push-ups to the cadence. The correct push-up is performed to a pace of one complete push-up every three seconds (1.5 seconds down and 1.5 seconds up, with no hesitation).
- Push-ups are **continuous**, with the muscles in a constant state of contraction and **no resting**. Emphasis is placed on the arm and shoulder muscles remaining engaged throughout the assessment.

Scoring

Right Angle Push-Ups Standards

Boys

| Age | Health Fitness Zone | High Fitness Performance Zone |
|-----|---------------------|-------------------------------|
| 8 | 5-13 | >13 |
| 9 | 6-15 | >15 |
| 10 | 7-20 | >20 |
| 11 | 8-20 | >20 |
| 12 | 10-20 | >20 |
| 13 | 12-25 | >25 |
| 14 | 14-30 | >30 |
| 15 | 16-35 | >35 |
| 16 | 18-35 | >35 |
| 17 | 18-35 | >35 |
| 18 | 18-35 | >35 |

Girls

| Age | Health Fitness Zone | High Fitness Performance Zone |
|-----|---------------------|-------------------------------|
| 8 | 5-13 | >13 |
| 9 | 6-15 | >15 |
| 10 | 7-15 | >15 |
| 11 | 7-15 | >15 |
| 12 | 7-15 | >15 |
| 13 | 7-15 | >15 |
| 14 | 7-15 | >15 |
| 15 | 7-15 | >15 |
| 16 | 7-15 | >15 |
| 17 | 7-15 | >15 |
| 18 | 7-15 | >15 |

90 Degree Push-Up

Record the total number of correctly performed push-ups within the time limit.

Incorrect push-up performance includes:

- *arching or sagging of the back;
- *not achieving the straight arm position;
- *not achieving the right angle at the elbow during the down phase;
- *knees touching the floor; or being off cadence.

The test is terminated when the student has any two misses.

