

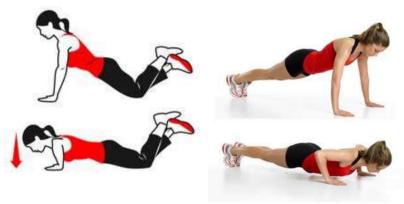
## **Pushup**

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.