

PUSH-UP TEST

Purpose: To assess dynamic strength of the upper body and the ability to stabilise the trunk.

Method: The conscript starts from the lowest face-down position and hands are kept shoulder-wide level. During the push-up, a conscript was first required to fully extend his arms while keeping the body straight with tensed trunk muscles. In the second phase, the body was lowered to the down position with an elbow angle of 90° .

Outcome: Number of consecutive repeats completed in 60 seconds. Result categories: Excellent (≥ 38), Good (≥ 30), Fair good (≥ 22) and Poor (< 22) [repeats].



Starting position



Top position