**MATERIALS**

Before you start, make sure you have:
- Stopwatch
- Sturdy chair with armrests

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**PROCEDURE AND SCORING**

**EXERCISE:**
1. Participant starts in a high plank position with arms shoulder width apart and palms flat on the floor.
2. The head, back, hips, knees and toes should be in a straight line.
3. Participant bends their elbows and lower their chest toward the ground.
   Participants must bend their elbows at least 90 degrees before returning to the starting position. A towel or a block under the chest can help participants to know they’ve gone far enough down. They should use their arms and core to push back up to the starting position.

**SCORING:** The total amount of push-ups in 60 seconds is counted as the score. Participants must maintain form in order for the push-up to count.

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**MODIFICATIONS - Chair Push-Ups**

Participants with upper lower body mobility issues can do Chair Push-Ups.

**EXERCISE:**
Participant will begin in their wheelchair or chair with armrest and palms on the arm rest. Participant will fully extend the arms; while pressing against the arm rest lifting their body. Once arms are fully extended, the participant returns to seated position. A complete push-up is done once the participant returns to the seated position.

**CHAIR PUSH-UP SCORING:** Count the number of push-ups completed by the participant in 60 seconds.