

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Sturdy chair with armrests



[WATCH THE VIDEO HERE](#)



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.

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.