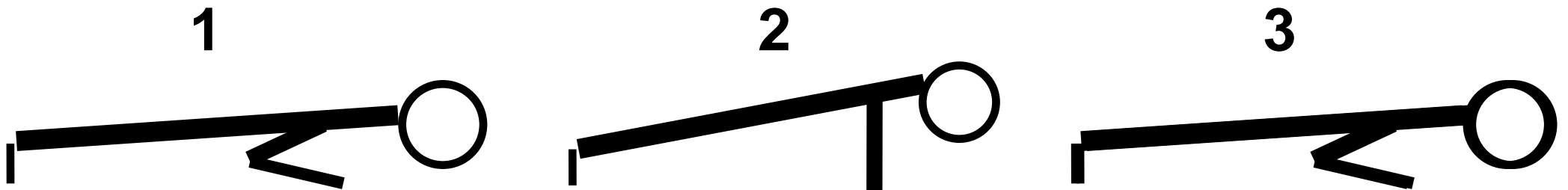


PUSH UP

SCORING:- Hand And Foot Version. Amount Completed In 1 Minute.

lie face down on the floor, hands under your shoulders, palms flat on the floor. Straighten arms, without locking, to lift body, leaving only palms and toes on floor, shoulders, hips and toes to be in line. Bend elbows until nose touches the floor or return to starting position Repeat push-up. Scoring ceases if the body sags.



	Points	1	2	3	4	5
Male	No in 1 Minute	15	23	27	34	50
Female	No in 1 Minute	8	14	18	24	30