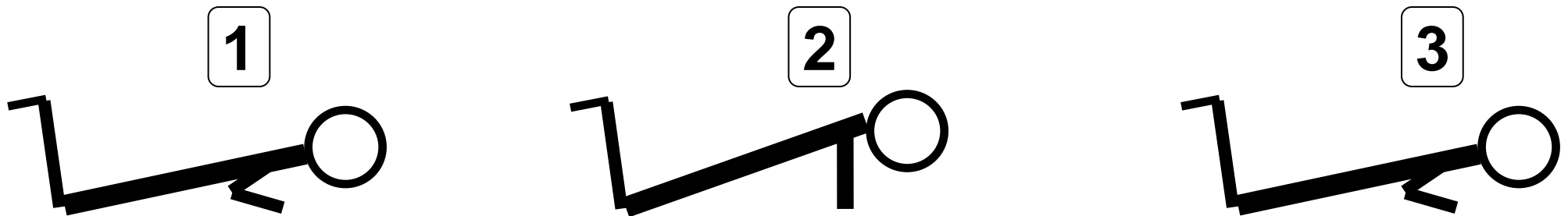


PUSH UP

SCORING:- Hand and knee version. Amount completed in 1 minute

lie face down on the floor, hands under your shoulders, palms flat on the floor with lower legs bent upwards from knee. Straighten arms, without locking, to lift body, leaving only palms and knees on floor, so that knees, hips and shoulders are in a straight line. This straight line should be maintained and the hands should not be allowed to move back towards the knees, Bend elbows until nose touches the floor or return to starting position. Repeat push-up.



	Points	1	2	3	4	5
Male	No in 1 Minute	25	37	44	58	68
Female	No in 1 Minute	14	24	28	40	45