

Three Second (right angle) Push-ups for Boys

Notice how the shoulders, hips, and legs are all in line; only the elbows move, bending to a right angle. Be sure to take 3 seconds for each push-up. This is not a timed test; continue doing push-ups until you stop or some part of your body, aside from your hands and toes, touches the ground.



You can work on push-ups on your own. Make sure you are bending your arms enough (you should be just 3 or 4 inches from the ground) and go slow. You can count the three seconds, like I do when we are testing, for yourself. It doesn't take long to see improvement!

The National level fitness award for Presidential Fitness testing requires a percentile of 50% or higher in five of the seven skills. Remember, for upper body strength, you can use push-ups, pull-ups, or the flexed-arm hang.

National Level Award Goal

AGE:	6-	7	8	9	10	11	12	13
50%	7	8	9	12	14	15	18	24

The Presidential level fitness award for Presidential Fitness testing requires a percentile of 85% or higher in five of six skills (remember, you cannot earn the Presidential level award using the flexed-arm hang). For upper body strength you can use push-ups or pull-ups.

Presidential Level Award Goal

AGE:	6-	7	8	9	10	11	12	13
85%	9	14	17	18	22	27	31	39

