One-minute press-up test

What does it measure?
Muscular endurance

What do you need?
Stopwatch
Partner

How do you do the test?
• Take up the starting position, with your arms straight, elbows locked, body straight, hands placed slightly wider than shoulder-width apart (with fingers pointing forward), and both feet on the floor.
• From the starting position, on the command ‘Go’, start the press-up by bending your elbows and lowering your body until the shoulders drop below the level of the elbows. Then return to the starting position. Pausing to rest is permitted only in the starting position.
• Your partner should count how many full press-ups are completed in one minute or up to the point where the performer retires from the test.

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<th>Name</th>
<th>Number of press-ups</th>
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Comment on the reliability and validity of this test:

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