



How many push-ups can you complete in 1 minute?

Equipment Needed:

- Timer

Rules:

- Start in a high-plank position (hands below shoulders, legs straight behind, head in neutral position)
- Only hands/feet should be touching the ground
- Bend your arms and lower yourself towards the ground
- Get as low as you can
- Push yourself back up to the starting position
- Repeat for one minute



Modifications:

- 1-handed push-ups
- Seated push-ups
 - Sit up tall in your chair with your back against the chair and place your hands on your knees. Lower yourself towards your thighs, trying to keep a straight back. Push yourself back to the starting position.

- Knee push-ups



- Wall push-ups

