Kwabena Opoku Mensah

Muscular Endurance

Category 4

Muscular Endurance: The push up test measures upper body strength and endurance. In the test, the maximum number of push up is performed at a rate of the pre recorded cadence.

Equipment: Floor Mat, Stopwatch, Metronome, audio player

Procedure: The athlete starts in the push up position with straight legs and arms while hand and toes are touching the floor. The athlete lowers the body until there is a 90 degree angle at the elbows. The partner makes a fish under the chin so the athletes know to keep going down and do a complete push up . The athletes are required to go along with the metronome which keeps a consistent cadence. The athletes keep going and doing push ups till failure.