

DOWNLOAD OF THE MONTH - PUSHUPS

Previous BEEP and SITUP tests (common fitness exercises and used by the Defence force and by most sports clubs) are complemented by PUSHUPS. **Pushups are untimed.**

The correct push-up technique (as shown in the video) is as follows:

1. To start, keep the body form straight/rigid. Heels raised so feet are on the toes (usually bent). Many people find it easier (perhaps psychological?) to raise the head and look forward while doing pushups.
2. Lower the body form by bending arms to a right angle (90⁰) at the elbow. Don't worry about the angle of your arms extending from your body – do whatever is comfortable and efficient for you.
3. As soon as your arm is bent properly, raise the body form until the elbows lock straight.
This lowering/raising = 1 Pushup
4. TIP: Do this exercise as quickly and smoothly as you can. If you do it too slowly your arm muscles will tire from the simple task of supporting your upper body weight. "Resting" in the 'up' position rarely provides you with any ability to progress further.

WARNING

- This exercise improves your arm/shoulder muscles and core strength. It is NOT a weight loss strategy.
- If you are overweight, push ups create excessive back strain.
- Please reduce excess weight (improve your BMI) before attempting this exercise.
- Stop at the first sign of tiredness or any twinges. Forcing yourself through or into injury is not the aim of this exercise.

All exercise raises the heart rate and is more stressful on the body than remaining immobile, and therefore should be undertaken using common-sense considerations. If in doubt, contact your doctor.

Advantages of Push-ups

- it's free ... no need to be a member of anything
- it's quick ... the likely max of 40 pushups will take less than 2 mins
- it's effective ... you'll 'feel' the effort in just one place - your arm/shoulder muscles
- it's crystal clear ... you stop when you can't continue
- it's goal-oriented ... you'll be keen to reach your Level and possibly to surpass it
- it requires very little room ... only enough to lie down!
- can be done while watching TV or listening to music
- it can be done singly, with a partner, or in groups

Push-ups Targets

AGE	MEN	WOMEN
18-25	40	21
26-30	35	18
31-35	30	15
36-40	25	10
41-45	20	7
46-50	10	3
51+	6	3

Minimum PUSHUPS specified by the Australian Army (taking into account different upper body strength between males and females)