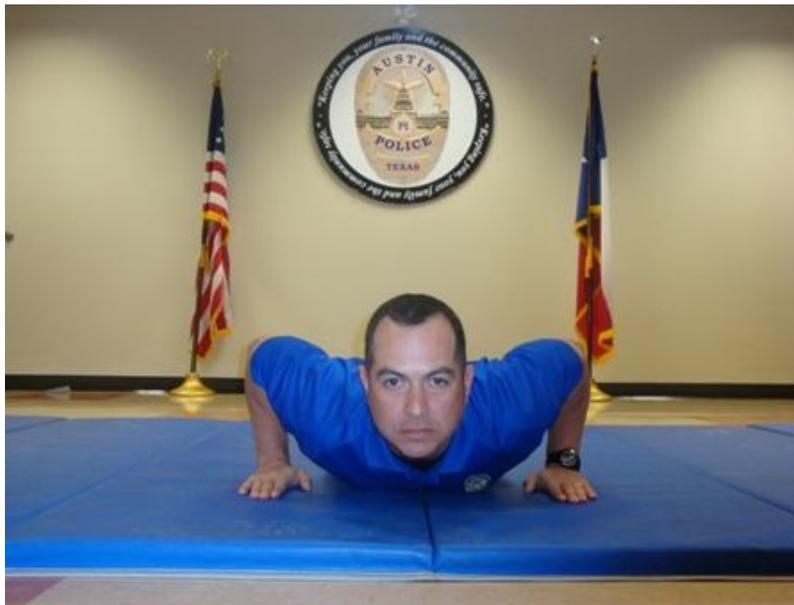


**The following are instructions on how to correctly perform our push-ups and sit-ups. Demonstrations will be given on testing day.**

**Push-ups – An applicant must begin this event in the down position and adjust their hands shoulder width apart prior to beginning. Feet must not be more than six inches apart.**



**When the command is given, the applicant will “push-up” ensuring that their arms are fully extended. This will be the final time where adjustments to the hands and feet may be made by the applicant.**

**Once the applicant begins, further movement of the hands and feet will not be allowed. If this occurs, the applicant will be disqualified. (Notice the widths of the hands and feet and the full extension of the arms in the photo below. THE ELBOWS MUST BE IN A LOCKED POSITION FOR EACH PUSH-UP.)**



**The applicant must ensure that their backs are straight the entire time during the push-ups. No bending of the body (back, legs) will be allowed. If a rest is needed, it will be done in the up position.**



**When performing the push-ups, the applicant must lower themselves to where they break the 90 degree angle in the elbows. If this does not occur, the push-up will not count.**



**If any portion of the BODY touches the ground other than the hands or feet, the applicant will not be allowed to proceed further and the total amount of push-ups will be tallied.**



Again, the push-up consists of **FULLY** extending (locking) the arms or the push-up will not count.



**Sit-ups – The start position for this event is lying on the back with legs bent and hands behind the head with fingers interlocked.**



**At the “begin” command, applicants must sit-up by bending at the waist and bringing their elbows to the upper leg area. Elbows must touch or go past the plane of the knees or upper leg area.**



**After passing the plane of the leg with the elbows, applicants must return to the start position ENSURING THAT THEIR SHOULDER BLADES TOUCH THE GROUND.**



**In this event, the applicant may rest only in the up position. Kipping, or the thrusting of the hips, may be done to gain momentum if the applicant becomes tired. Fingers **MUST** remain interlocked the entire time or the sit-up will not count.**

