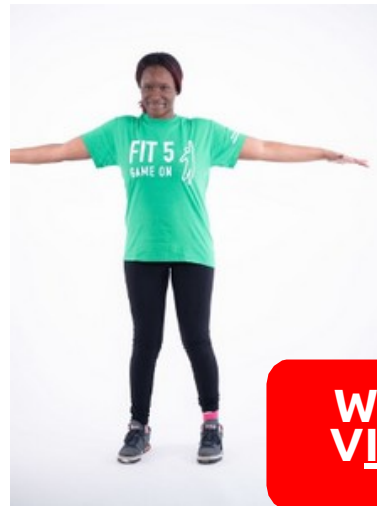


MATERIALS

Before you start, make sure you have:

- Stopwatch



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant stands flat-footed with their legs shoulder-width apart.
2. Participant raises their arms laterally to a 90-degree angle (shoulder height) and holds that position. Their body should form a T-position.
3. Participant holds their arms at 90 degrees for as long as possible without dropping them below shoulder height.

NOTES:

1. Participant will receive one warning if they bring their arms above or below 90 degrees. If a participant is warned for a second time, the time will be stopped, and the score will be recorded.
2. Participant should not walk or move around when completing this exercise.
3. Focus on keeping participant's neck long and natural. Elevating the shoulders can cause neck tension if done improperly.
4. Dumbbells can be used to increase the difficulty of the exercise, but the test is designed to complete on body weight alone.

SCORING: The total amount of time to failure is counted as the final score. If the participant holds the exercise for more than 55 seconds, they have achieved the maximum score.

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Sturdy chair with armrests



WATCH THE VIDEO HERE



PROCEDURE AND SCORING

EXERCISE:

1. Participant starts in a high plank position with arms shoulder width apart and palms flat on the floor.
2. The head, back, hips, knees and toes should be in a straight line.
3. Participant bends their elbows and lower their chest toward the ground. Participants must bend their elbows at least 90 degrees before returning to the starting position. A towel or a block under the chest can help participants to know they've gone far enough down. They should use their arms and core to push back up to the starting position.

SCORING: The total amount of push-ups in 60 seconds is counted as the score. Participants must maintain form in order for the push-up to count.

MODIFICATIONS

Participants with mobility issues can use the NCHPAD adaptations for push-ups found [here](#).

CHAIR PUSH-UP EXERCISE:

1. Participant will begin in their wheelchair or chair with armrest and palms on the arm rest.
2. Participant will fully extend the arms; while pressing against the arm rest lifting their body.
3. Once arms are fully extended, the participant returns to seated position.
4. A complete push-up is done once the participant returns to the seated position.

CHAIR PUSH-UP SCORING: Count the number of push-ups completed by the participant in 60 seconds.