**Push-Up Verbal Instructions:**
The push-up is an assessment of muscular fitness for the upper body (shoulder, chest, and triceps).

Your hands will be placed on the floor, slightly wider than shoulder width apart, with your fingers pointing forward. You must lower your upper body until your upper arm is at least parallel to the floor and elbows bent at 90 degrees before pushing back up to the starting position. If you do not come down that far the push-up will not count. Start in the up position with your elbows fully extended, feet no more than 12 inches apart, and your weight supported by your arms and toes. You must keep your back straight at all times and lower your upper body until your upper arm is at least parallel to the floor, then return to the up position with arms fully extended. This is one repetition.

Keep your hands and feet on the floor if you need to rest. Resting must be done in the UP position. There are two acceptable resting positions; the first is with your back arching up and the second with your back arching down.

Your breathing should be as normal as possible. Make sure you do not hold your breath. It is recommended that you exhale every time you press up and inhale when you come down.

You have **1 minute** to perform as many push-ups as you are able. The correct number of push-ups will be counted out loud. Incorrect push-ups will not be counted, and the number of the last correct push-up will be repeated. You will be told what you’re doing wrong until you correct the error. The total number of correct push-ups in 1 minute will be recorded as your score.

**Crunch Verbal Instructions:**
This test measures your abdominal muscular endurance your stomach muscles. Please lie on your back with your heels flat on the floor, knees bent at 90° angles, and your arms crossed in front of the chest such that your hands/fingers remain in contact with your shoulders or chest. If a toe hold bar is used: Anchor your feet to the ground by hooking your feet/toes under the bar. Your heels may not rise off the ground while you perform the assessment. If a toe hold bar is NOT used: Your feet will be held down with your monitor’s hands or knees. Your legs cannot be held behind your calves. Let your monitor know if you need your feet held differently prior to beginning the assessment (e.g., You’re holding my ankles and feet too tight or not enough). Your hips must remain on the floor at all times (do not lift your hips off the floor to gain momentum). Your shoulder blades must touch the floor between each repetition. In the up position, you will touch your elbows to your knees or thighs and return down until your shoulder blades touch the floor (your hands must stay in contact with your shoulders/chest at all times). This will count as one crunch.

Your breathing should be as normal as possible. Make sure you do not hold your breath. It is recommended that you exhale every time you come up and inhale when you come down.

You have **1 minute** to perform as many correct crunches as possible. **Any resting must be done in the UP position.** The correct number of crunches will be counted out loud. Incorrect crunches will not be counted and the number of last correct crunch will be repeated and you will be told what you’re doing wrong until you correct the error. Your score will be the total number of correct crunches completed in 1 minute.