RankTime

FREE PRINTABLE · 4 PAGES

TEST · SCORE · RAISE IT

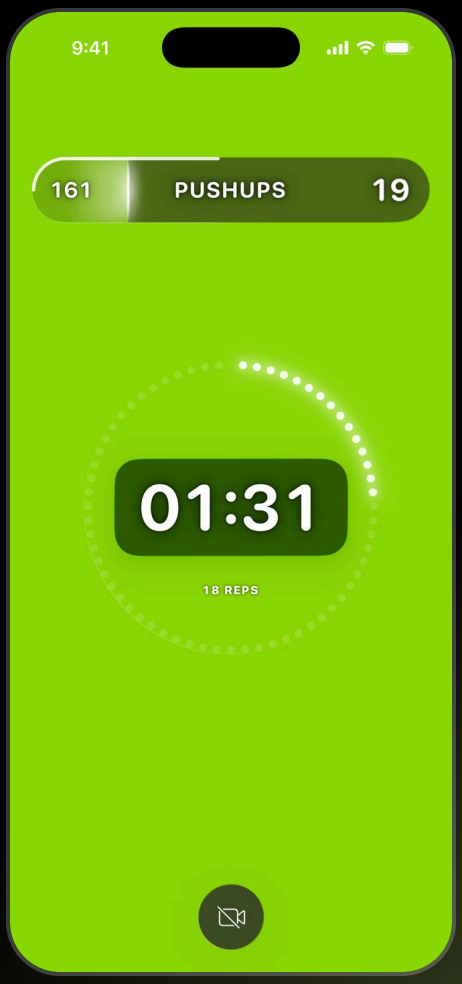
The Push-Up Test

The three versions, how to test fairly, what your score means, how to raise it, and a test log for every attempt.

2 The test on one page

3 Raise your score and your test log

4 Train it with RankTime



Download on the App Store

From the free guide at ranktime.app/guides/push-up-test/
Made by RankTime, the workout timer that counts your reps.

THE TEST

Push-up test

VERSION	HOW IT WORKS
Max set	One set, no time limit. Ends the first time you stop, rest on the floor or lose your form.
1 minute	As many as you can in 60 seconds. Common in school and gym fitness tests.
2 minutes	As many as you can in 120 seconds. The military style test, the best test of push-up endurance.

Pick one version and stick with it: a 1 minute score and a 2 minute score cannot be compared.

Test it right

1. **Warm up** with arm circles and 5 to 10 easy push-ups.
2. **Start at the top,** one straight line from head to heels.
3. **Count only full reps:** chest a fist from the floor, arms straight at the top.
4. **Rest only at the top,** in a plank. Knees or hips down ends the test.
5. **Write it down** with the date and the version.

What your score means

MAX SET	LEVEL
Fewer than 10	A starting point.
10 to 20	A good base.
20 to 40	Solid.
More than 40	Strong.

A rough guide for an adult with strict form. Age, sex and body weight move it.

Military tests mostly use the 2 minute version. The US Army tests the hand-release push-up: all the way to the floor, hands out to the sides and back, then up. Practise the exact rules of the test you will take.

GET BETTER

Raise your score

- **Lots of easy reps.** Sets of about half your max, with short rests. An EMOM structures them.
- **Train most days, briefly.** Like 100 push-ups a day, once you are past 10.
- **Test every two weeks,** not every day, so you recover enough to beat it.
- **Work on the weak point.** Fail at the bottom? Slow lowering reps. Hips sag? Planks.
- **Practise the pace.** Flat out for 30 seconds is the most common mistake in a 2 minute test.

My test log

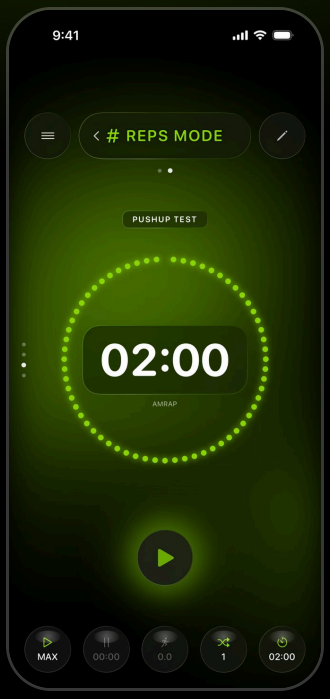
DATE	VERSION	REPS	LEVEL	NOTES

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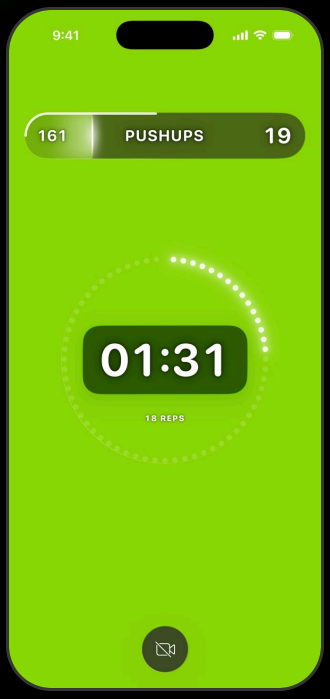
TRAIN IT WITH RANKTIME

Take the test with RankTime

The 2 minute PUSHUP TEST is a saved workout in REPS mode. The camera counts every rep, so your number is exact.



The PUSHUP TEST: one MAX set, 2:00.



Every rep counted while the clock runs.



Your total and your push-up rank.

1. Swipe sideways to REPS mode, then up or down to the PUSHUP TEST.
2. Prop the phone about 2 m (6 ft) away, whole body in the frame.
3. Press play and push. The clock counts down, the camera counts reps.
4. 1 minute version: set the time circle to 1:00 and save it.

- ✓ The camera counts your reps on the phone itself. Nothing is uploaded.
- ✓ Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- ✓ A military rank for every exercise, from Private at rep one to General of the Armies.

Download on the App Store

Scan to get RankTime
on your iPhone