Suggestions for Improving Push and Crunch Performance Results

Fitness and Health Managers Meeting
Offutt AFB, Omaha, NE

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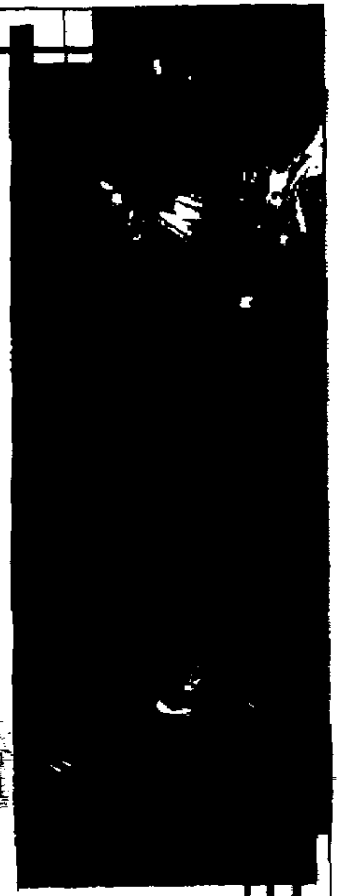
Qualities Required for success in Push Up and Crunch Test

- Muscular Endurance
- Strength-Endurance

EXERCISE SELECTION
PUSH UPS

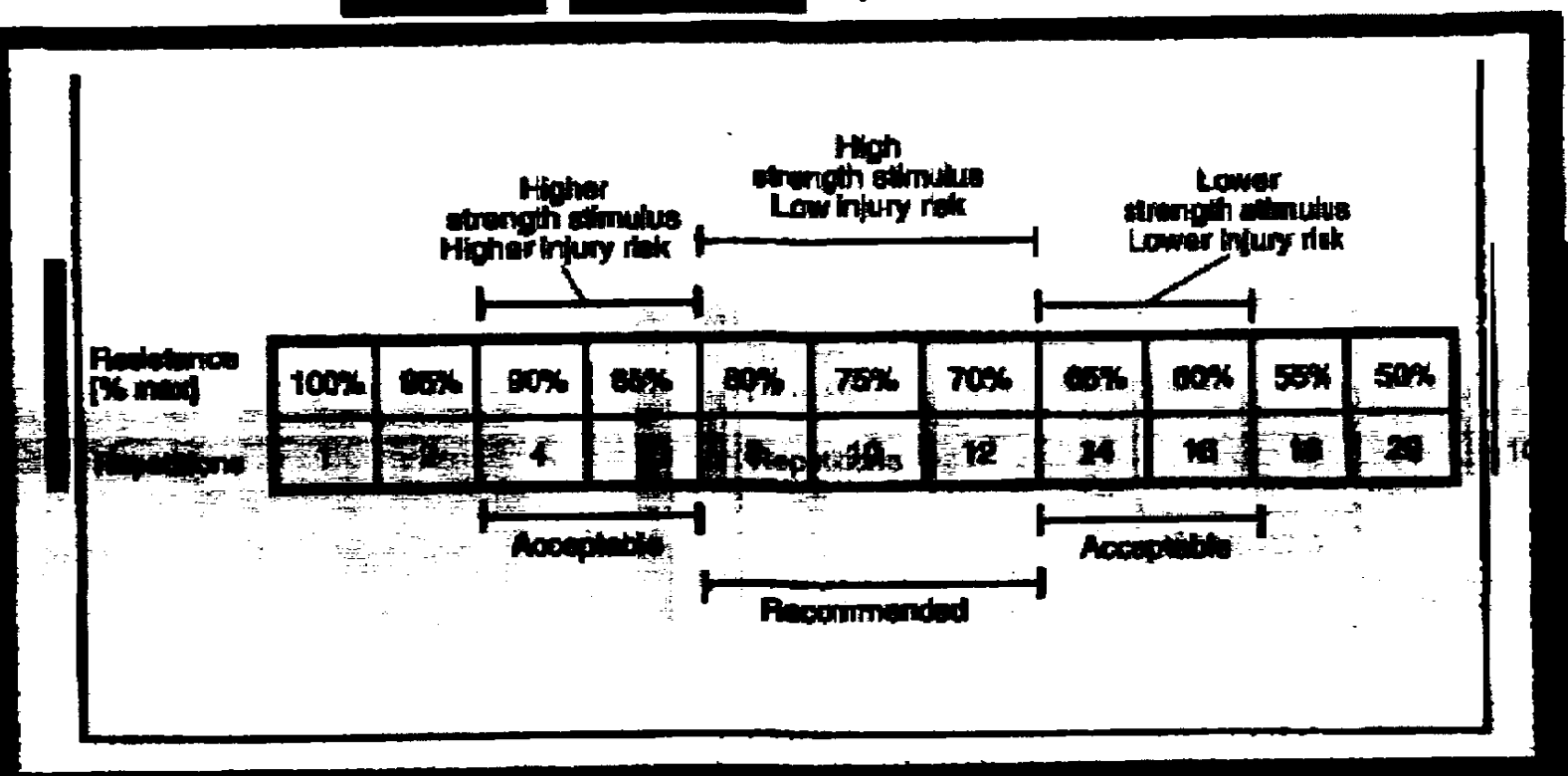


Chest - Pectorals

Bench press

TRAINING [redacted]

- [redacted] 2; 10-12;10-15



Westcott, W.L. [redacted] *ining for Seniors: An Instructor Guide for Developing Safe and Effective Programs*. Champaign, I[redacted] Publishers, p. 22

Ascending Pyramid (Bench Press)

SET 1 70% 1RM = 12 reps
SET 2 ADD 10 lbs. = 8-9 reps
SET 3 ADD 10 more = 4-5 reps
SET 4 ADD 5 more = 2-3 reps

EXAMPLE:

SET 1 150 lbs. x 12 reps
SET 2 160 lbs. X 9 reps
SET 3 170 lbs. X 5 reps
SET 4 175 lbs. X 3 reps
(all sets to failure)

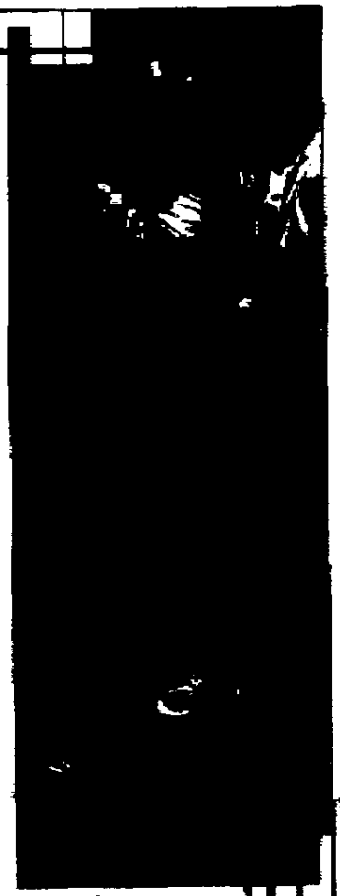
EXERCISE SELECTION
Push Ups

Upper Arm **- Triceps**

Triceps Extension

3-4 sets of 10 reps

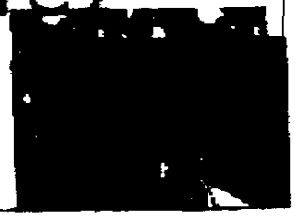
(begin where they are)



TRAINING FREQUENCY
Bench Press/Push Ups

Bench Press *Strength
Monday-Wednesday
(finish with 1 set of push ups)

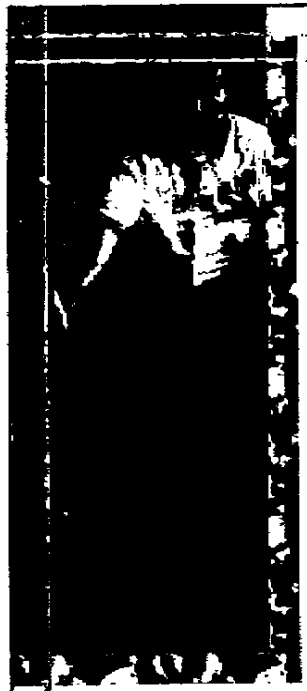
Push Ups *Endurance
Friday (3-4 sets to failure)



EXERCISE SELECTION

Crunch Test

- ... "hooked" feet
  - Lower Abdominal Area
- Issues
  - Fitness level
  - Coordination
  - Back problems
- Issues



Abdominal Exercises

- **Body Weight**
  - Hanging Knee Raise
  - Roman Chair
  - Other
- **Weight Plate**
- **Machines, 4 Way, ...**

Abdominal Exercises

- Sets, Reps, Rest Periods, Frequency

Monday/Wednesday/Friday

Sets 3-4 Sets 3-4
Reps To Failure
Rest 30 seconds