

(b) Failure to extend the legs to the rear and keep the legs and body straight.

(c) Failure to return to an erect position of attention.

Scoring: The complete movement (squatting, backward extension of legs, return to squatting position, and the standing position of attention) counts one. The total score is the number of complete movements made in 20 seconds. If the individual is in any one of the following positions when time is called, the score is as follows:

Squat from attention - 1/4 point.

Legs extended - 1/2 point.

Squat from legs extended - 3/4 point.

#### (4) PUSH-UP

Equipment needed: A smooth surface.

Description: Assume the position of front leaning rest. Keep the body straight and rigid. Place arms at shoulder distance apart. Lower the body and touch the chest on the ground or floor. Recover by pushing the body up to the front leaning rest position. Repeat the movement for as many times as possible.

Rules:

(a) Do not touch the ground with any other part of the body but the chest during the dip.

(b) Do not bend at the waist or knees. Keep the body in a straight line from head to toes.

(c) No rest is permitted between push-ups.

(d) Do not allow the stomach, thigh or legs to touch the floor.

(e) Straighten the arms in the upward movement.

Scoring: One push-up is scored each time the chest is lowered to the floor and the body is pushed up to the starting position.

#### (5) SIT-UP

Equipment needed: A smooth surface.

Description: Lie on the ground with hands clasped under the head. The feet are held securely by an assisting partner. Keep the knees straight, when lying on the back. Sit up, trunk in an erect position. Touch the left knee with the right elbow. Return to the original starting position. On the next sit-up, touch the right knee with the left elbow. Repeat this exercise as many times as possible.

Rules:

(a) No rest is permitted between each sit-up.

(b) It is not permissible to roll over on the side or assist the movement with the arm or elbow.

(c) One sit-up is deducted if a full second of rest is taken while lying on the back. More than one