

# MIGHIGAN INDIAN FAMILY OLYMPICS

## *Push Up Competition*

Participant's Name: \_\_\_\_\_ Male Female Tribe: \_\_\_\_\_

### **Push Ups**

Age Groups: (12 and under) (13-15) (16-18) (19-24) (25-32) (33-40) (41-54)

**\*You will have 30 seconds to perform as many pushups as you can\***

**\*1 point per pushup completed\***

**\*Participant must lower down to touch the board present so their chest touches it\***

**\*For individuals who cannot perform a full pushup, they can go off of their knees but must touch the ground with their chest for the rep to count\***

**# of Pushups/Points: \_\_\_\_\_**

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