

**MARYLAND TRANSPORTATION AUTHORITY POLICE PHYSICAL FITNESS  
STANDARDS FOR THE PUSH-UP AND SIT-UP EVENTS**

**Pushups**

In the up position, your hands are placed where they are comfortable for you. Your feet may be together or up to 12 inches apart. Your body forms a generally straight line from your shoulders to your ankles. Your body must move as a unit, maintaining the straight line throughout each repetition.

In this position, your arms are extended all the way; failure to rise completely up will result in the repetition not being counted.

**Body forms a generally straight line**



**Elbows are not bent**

**Knees are not bent**

In the down position, you lower your body as a unit until the forearms are at least parallel to the ground. If the forearms do not reach the parallel position or your body does not maintain a straight line, the repetition will not be counted.

It is recommended that you keep your head up, as doing so will help you to go lower on each repetition.

**Approximately 3" from ground and parallel**

**Body lowered as a unit maintaining a straight line**



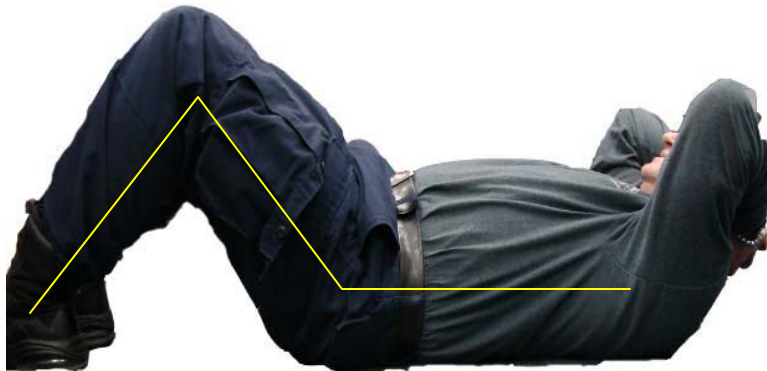
## Sit-ups

Each repetition begins in the down position. Except for the beginning of the sit-up event, the backs of your hands never need to touch the ground. You are considered "down" and the repetition counts when your shoulder blades touch the ground. Your heels are the only part of the feet required to be in contact with the floor at all times.

Do not arch your back or raise your buttocks from the floor when attempting to rise or the repetition will not be counted. Your knees may not exceed a 90 degree bend.

**Knees do not exceed 90 degree angle**

**Shoulder blades touch the ground, Head, hands, and elbow do not have to reach floor**



**Heels must remain in contact with floor**

**Back is not arched, Buttocks in contact with the ground**

You are considered "up" once your elbows touch your knees or thigh area. Your fingers must be interlocked behind your head at all times. Again, your knees may not exceed a 90 degree bend.

The up position is the only position you may rest in. However, you may not hold yourself there with your hands or any other means.

To reach the down position from here, it is recommended to let you fall back. This way you will avoid using muscles on the way down, allowing you to do more repetitions.

Hands remain interlocked behind the head



**Hands remain interlocked behind the head**