



Push-Sit-Pull

The PST requires muscular endurance to perform numerous push-ups, sit-ups and pull-ups. Strength training and core exercises will partially address this requirement, but specific preparation for these test exercises is necessary. Using proper technique, perform sets of push-ups, sit-ups and pull-ups 3-5 times per week, resting 1-2 minutes between sets. **Note that while the PST requires the exercises to be performed as rapidly as possible, in training the best adaptations will come by performing the exercises in a slow and controlled manner.** The negative or downward portion should take at least twice as long as the positive or upward portion, to achieve maximum benefits by resisting gravity. Approximately once per week, perform a max set (maximal number of consecutive repetitions) to assess your progress. See Table 2 (below) for specific training recommendations. See the descriptions of each exercise to see how it must be performed during the PST. While training, you may occasionally do alternate versions for variety and additional fitness adaptations.

Table 2: Push-up/Sit-up/Pull-up Progressions

Push-ups & Sit-ups				Pull-ups			
If Your Max Is		<40		If Your Max Is		<6	
Your Workout Is	Sets 5-6	Reps 10-15	Total 50-90	Your Workout Is	Sets 5-6	Reps 2-3	Total 10-18
If Your Max Is		40-60		If Your Max Is		6-9	
Your Workout Is	Sets 4-5	Reps 15-20	Total 60-100	Your Workout Is	Sets 4-5	Reps 4-5	Total 16-25
If Your Max Is		60-80		If Your Max Is		10-12	
Your Workout Is	Sets 4-5	Reps 20-25	Total 80-125	Your Workout Is	Sets 4-5	Reps 5-6	Total 20-30
If Your Max Is		80-100		If Your Max Is		13-15	
Your Workout Is	Sets 3-4	Reps 30-40	Total 90-160	Your Workout Is	Sets 3-4	Reps 8-10	Total 24-40
If Your Max Is		>100		If Your Max Is		>15	
Your Workout Is	Sets 3-4	Reps 40-50	Total 120-200	Your Workout Is	Sets 3-4	Reps 10-12	Total 30-48

Push-up

Description

- Begin in the “up” or “front-leaning” rest position, with feet together and palms on floor directly beneath or slightly wider than shoulders.



- Back, buttocks, and legs should remain straight from head to heels at all times. Palms and toes remain in contact with the floor.
- Lower the entire body as a single unit by bending the elbows until the arms form right angles, then return to the starting position by extending the elbows, raising the body as a single unit until the arms are straight.



Variations

- Include wide, narrow (triceps), and dive bomber.
- Use caution with any push-up variation, since placing the hands in any position other than beneath the shoulders may create painful stress on the elbows.
- Additional challenge can be created by lifting one foot off the floor, or by placing the feet on a raised surface slightly higher than the hands.

Sit-up

Description

- Begin by lying flat on floor with knees bent and heels approximately 10 inches from buttocks.



- Arms should be folded across the chest with hands touching the upper chest or shoulders. The feet may be stabilized if desired.

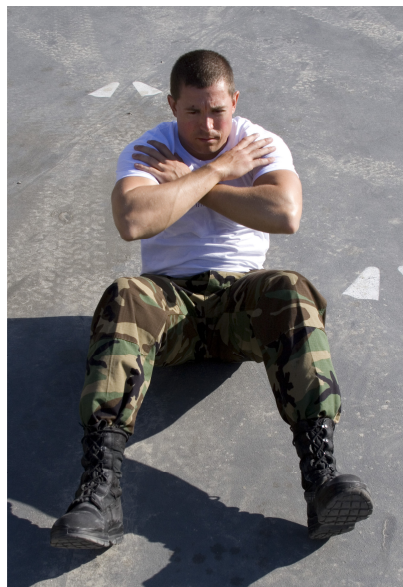


- To perform the exercise, curl the body up, touching the elbows to the thighs just below the knees, keeping the hands in contact with the chest or shoulders.





- After touching elbows to thighs, lie back till the shoulder blades touch the floor.



Variations

- With fingers placed loosely behind neck (don't pull on neck), curl the trunk up and rotate so the right elbow contacts the left knee; lower trunk to floor and bring left elbow up to right knee; continue alternating rotations from right to left.



- Keeping shoulders on the floor and knees bent, alternate drawing each knee up to the opposite elbow. Return each leg so the foot rests on the floor while the other knee is drawn up.

- With arms across chest or fingers behind neck, keeping the knees bent, lift the legs and hips off the floor drawing the knees towards the shoulders. After the abdominals have been fully contracted, lower the hips and legs until the feet touch the floor.

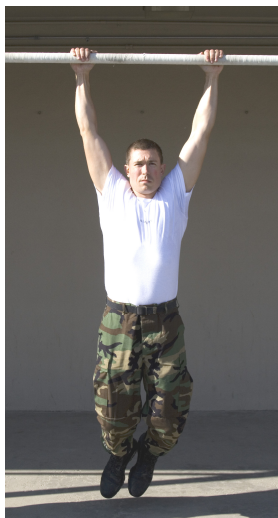


- Note: for all abdominal exercises, keep the pelvis neutral and the lower back pressed to the floor, to avoid putting stress on the lumbar spine.

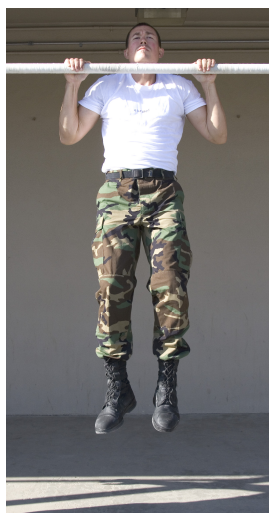
Pull-up

Description

- Begin suspended from the bar in a dead hang with arms and shoulders fully extended, palms shoulder width apart and pronated (overhand grip, facing away).



- Pull body up until chin is even with or above the top of the bar.



- Legs may be crossed or uncrossed as desired, but no kipping or jerking motions allowed.
- Lower the body in a controlled fashion until arms and shoulders are fully extended.

Variations

- Narrow or wide grip



- Supinated grip ("chin up" with underhand grip, palms towards the body, to more completely isolate the biceps)





- Hang from bar with hands adjacent and on opposite sides of the bar, palms facing inward in opposite directions, and alternately pull the right and left shoulders up to the bar (also called "mountain climber" or "commando" pull-ups)

