Pushup Challenge

The Challenge

Do as many pushups as you can in 3 minutes.

Rules

1. Rest whenever you want, but the clock is running the whole time.

2. For a rep to count, you must maintain perfect form: elbows locked at the top, chest 2 inches above the floor at the bottom, hips not sagging, and knees not touching the floor.

3. An Intramural official will keep count of pushups completed within the three minute time frame. Non-perfect form pushups will not count as a rep.

4. Official’s decisions are final.

5. You may attempt the Pushup Challenge multiple times, but it must be within the scheduled Pushup Challenge timeframe.

6. Please refer to Intramural Handbook for additional policies.

How to Win

100 Pushups or more and you win an Intramural Champion T-Shirt.