

# GABRIELE

## FITNESS & PERFORMANCE



## IMPROVED PERFORMANCE FOR THE PRESIDENTIAL FITNESS TEST

A common question we receive from parents is if we can prepare their child to perform better during The Presidential Fitness Test. One word of caution when performing some of these exercises is to be sure proper form is used and maintained. Many young athletes cannot perform one quality push up or a solid chin up when they enter our program. Many of these same kids will tell me, " I can do 12 push ups and 3 chin ups", when I know they cannot perform one of either.

[CLICK HERE TO CHECK OUT OUR MSAD PROGRAM](#)



### What are they doing wrong?

Watch this [video](#) for a few common mistakes made when performing Push-ups and Chin-ups.

### Why does it matter? Why is proper form important?

It matters because performing push ups and chin ups with improper form eventually cause injury. Stress to the shoulder joint is elevated when improper form is used. They are also grooving a movement pattern that is faulty. This means that if they do lots of reps with improper form, they are hammering that bad pattern into their nervous system.

### How to do more correct Push ups and Chin ups

First, test yourself to see how many perfect reps you can perform. Then take 50-70% of that number and that is how many reps you should perform on each set. For example, if you perform 10 perfect push-ups, you should perform about 5-7 reps per set. Refer to the [video](#) to see what proper technique looks like.

**DO NOT DO *traditional* Push-ups or Chin-ups if you cannot perform any PERFECTLY**

Performing traditional push-ups and chin-ups are not great ways to train because the load (*Your Bodyweight*) is much more than their structure can handle. It is like trying to Bench Press 200 pounds when your 1 rep max is only 150 pounds - we know what will happen if you try this.

If you cannot do one perfect rep, we recommend de-loading the body either with bands or changing the angle of the body to allow you to perform multiple reps per set. Another key is not to train to failure -leave 2-3 reps in the tank on each set. An example would be performing 6 sets of 5 Incline push-ups.

On the last set of the day perform one set of max reps to technical failure. Technical failure is as many reps as possible with perfect form. In this specific case the reps of the last set should be around 7-8 reps.

**Give yourself a realistic goal**

Give yourself a total number of reps each day. An example would be for a young athlete to perform 30 perfect push ups and 10 perfect chin-ups every day. These can be done throughout the course of the day, half in the morning and the other half in the evening. Purposeful Practice is the goal!

***If you want get better at something tomorrow, do it today!***

**[CLICK HERE TO SEE A VIDEO TO HELP IMPROVE YOUR CHILD'S PERFORMANCE ON THE TEST](#)**

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