



PennState  
PRO Wellness



# MUSCLE-STRENGTHENING ACTIVITIES

## Push-ups

**Developmental Goal:** Improve upper body strength and endurance

**Skills Practiced:** Self-Control, self-awareness and motivation

**Items Needed:** None

**Setup:** None

**How to Play:** Complete as many proper form pushups as possible in one minute.

**Before You Start:** Learn proper form by performing the 6 stepped "Negative Pushup":

1. Lay face down on the ground with hands at armpits and feet together.
2. Push up to knees by straightening arms and keeping the core braced.
3. Lift hips and rise up onto toes.
4. Squeeze quads, glutes, and brace core as if to be punched in the stomach. Keep head in line with the spine.
5. Lower body down to a slow count of 1-2-3-4-5, and keep body in a straight line from the ankles, through the knees, hips, neck and head.
6. Touch chest to the ground before the lower body touches the ground, returning to the starting position. **This is one repetition.**

Flip over to view  
another activity.





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# MUSCLE-STRENGTHENING ACTIVITIES

## Sit-ups

**Developmental Goal:** Improve core strength

**Skills Practiced:** Self-control, self-awareness and motivation

**Items Needed:** Exercise mat

**Setup:** None

**How to Play:** Complete as many proper form sit-ups as possible in one minute.

**Before You Start:** Learn proper form by performing the following three steps:

1. Lie on your back on an exercise mat. Bend your knees and plant your feet about hip-distance apart. Place your hands on the back of your head, where it attaches to your neck. Point your elbows to the sides of the room.
2. Exhale and pull your belly button in toward your spine as you gently raise your torso by bending your hips and waist. Lift up until your torso is just inches from your thighs.
3. Inhale and control your return to the start position to complete one repetition.

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another activity.

