

Push-Up Challenge Rules (to use only if competing for prize money)

1. Camera (Zoom) Placement
 - All competing must have individual camera for a zoom call.
 - It must be 3/4 angle from your head so that we can see your whole body. (See photos below).
2. Elbows must be locked at the top.
3. Hips not sagging / knees not touching - straight plank body alignment.
4. Palms on floor roughly shoulder width apart.
5. Chin to block/sponge
 - Block or sponge may be picked up from Timothy Hill facility (free if available).
 - Or purchase your own yellow sponge from most hardware stores, or Walmart. Most cost around 2-3\$
 - Or order a Push up Blocks for 8\$.

https://www.ssw.com/item/push-up-block-W10403/?gclid=CjwKCAiAoOz-BRBdEiwAyuvA63jwXYh1nmyb_YvP9woEJm8O-rzG_6hkfTqH9rc0yLzWtDFoZQBFjxoCR0cQAvD_BwE

- **You must send a picture of your sponge / block with a ruler showing it to be 4 1/4 inches off the ground.**

Correct Camera Placement for Zoom



Call or email with questions:

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