

Push Ups (1 Minute)

BOYS			LEVEL	GIRLS		
Junior 7 – 9		Senior 10 – 12		Junior 7 – 9		Senior 10 – 12
18		26	Gold	13		15
15		22	Silver	9		11
12		18	Bronze	5		7
9		14	Tin	3		3
Age Record (year of birth)						
BOYS			12 years	GIRLS		
20			13 years	15		
20			14 years	15		
23			15 years	15		
24			16 years	14		
30			19 years	13		
33				13		

Exercise Description

1. Start by lying flat on board with hands under chest
2. Push up to fully extend arms
3. Keep body straight
4. Bend elbows, touch chest to board



QR code (abbreviated from Quick Response **Code**) is the trademark for a type of matrix barcode (or two-dimensional barcode) first designed for the automotive industry in Japan. A barcode is a machine-readable optical label that contains information about the item to which it is attached.

QR Code Specifications (gleaned from Internet searches)

4296 bits max – 300 best

This document:

101 words – 417 characters (with spaces)

52 paragraphs- 77 lines

Too complicated to be read off a QR Code – I think it needs to be a simple URL where users can go to read information