

OFFICIAL WORLD RECORD CERTIFICATE



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Authors of Believe The Unbelievable — The Ultimate Book of World Records and the People who Pursue Them (Bartleby Press, 2010)

JOHN P. MIRRIONE

Push Ups: 1 Arm: 1 Leg: 2 Knuckle:
90 degree hold position: 40 sec.

The World Record for maintaining a push up in a 90 degree hold position with 1 arm and 1 leg on 2 knuckles on a 1.5 inch stone slab for 40 seconds was established by Sensei John P. Mirrione (New York, USA) of Harmony By Karate on Oct. 5th, 2011, Holbein School, Mt. Holly, NJ.

Dr David R. Adamovich

Keeper of the Records
Record Holders Republic