

# OFFICIAL WORLD RECORD CERTIFICATE



[www.recordholdersrepublic.co.uk](http://www.recordholdersrepublic.co.uk)

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

JOHN MIRRIONE

Push Ups: Consecutive/Alternating Arms: 1 Leg:  
2 Knuckle: 90 degree hold position: 50 sec. Done  
on a 1.5 inch stone slab. Note: up to 1 minute  
break was allowed between switching to other arm.

*Dr David R. Adamovich*

Keeper of the Records  
Record Holders Republic