

OFFICIAL WORLD RECORD CERTIFICATE



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 P. MIRRIONE

Push Ups: 1 Arm: 2 Knuckle: 10 positions down
10 positions up, 3 seconds/position: 1 min.

The World Record for the slowest 1 arm, 10 positions down/10 positions up, 3 seconds/position in 1 minute on a 1.5 inch stone slab was established by Sensei John P. Mirrione (New York, USA) of Harmony By Karate on Feb. 8, 2011.

Dr David R. Adamworth

Keeper of the Records
Record Holders Republic