

OFFICIAL WORLD RECORD CERTIFICATE



JOHN MIRRIONE

LONGEST TIME TO CONSECUTIVELY HOLD A
90-DEGREE PUSH-UP POSITON WITH BARE
KNUCKLES, DOMINANT AND NON-DOMINANT
ARMS: 17 SECONDS

On October 11, 2026, Sensei John Mirrione (Harmony By
Karate, NJ, USA) held a bare-knuckle push-up position
at 90 degrees for 17 seconds, on a stone block, using
first his dominant R arm and then his non-dominant
L arm, consecutively.

Dr. David R. Adamovich
U.S. President, Record Holders Republic

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JOHN MIRRIONE

**LONGEST TIME TO HOLD A 90-DEGREE PUSH-UP
POSITION WITH BARE KNUCKES, DOMINANT
ARM: 17 SECONDS**

On October 11, 2026, Sensei John Mirrione (Harmony By Karate, NJ, USA) held a bare-knuckle push-up position at 90 degrees for 17 seconds, on a stone block, using his dominant L arm.

Dr. David R. Adamovich

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JOHN MIRRIONE

LONGEST TIME TO HOLD A 90-DEGREE PUSH-UP
POSITION WITH BARE KNUCKLES, NON-DOMINANT
ARM: 17 SECONDS

On October 11, 2026, Sensei John Mirrione (Harmony By Karate, NJ, USA) held a bare-knuckle push-up position at 90 degrees for 17 seconds, on a stone block, using his non-dominant L arm.

Dr. David R. Adamovich

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