

Push Up Test Chart

Men

		AGE			
RATING	20-29	30-39	40-49	50-59	60+
Excellent	>55	>45	>40	>35	>30
Good	45-54	35-44	30-39	25-34	20-29
Average	35-44	25-34	20-29	15-24	10-19
Fair	20-34	15-24	12-19	8-14	5-9
Poor	<19	<14	<11	<7	<4

Women

		AGE			
RATING	20-29	30-39	40-49	50-59	60+
Excellent	>49	>40	>35	>30	>20
Good	34-48	25-39	20-34	15-29	5-19
Average	17-33	12-24	8-19	6-14	3-4
Fair	6-16	4-11	3-7	2-5	1-2
Poor	<5	<3	<2	<1	<0