

PUSH~UPS

A common exercise in any sort of workout is push-ups. Most of us probably remember physical fitness testing as a school-aged kid; this test is much like that. The results simply range to a higher age level. For this simple test, you are to do as many push-ups as you can in one minute (60 seconds). You may stop or pause at any time during the test as long as your resting position is with your arms fully extended, not so your body is lying in the floor. The push-ups should be full push-ups, not just a head-nod. One final thing: women are to do "modified push-ups" where your knees are touching the ground, but your back remains flat. Yes, I am aware that many women can do full push-ups, however, the results were compiled with the women performing the modified push-ups. Good luck! Try this test every 3-4 months to track your progress. To compare the amount of push-ups that you did, taking into consideration your age and gender, to the compiled results, use the following table:

(left side = men; right side = women)

Age	20-29	30-39	40-49	50-59	60+
Percentile	# of Push-Ups Completed				
99	100 / 70	86 / 56	64 / 60	51 / 31	39 / 20
95	62 / 45	52 / 39	40 / 33	39 / 28	28 / 20
90	57 / 42	46 / 36	36 / 28	30 / 25	26 / 17
85	51 / 39	41 / 33	34 / 26	28 / 23	24 / 15
80	47 / 36	39 / 31	30 / 24	25 / 21	23 / 15
75	44 / 34	36 / 29	29 / 21	24 / 20	22 / 15
70	41 / 32	34 / 28	26 / 20	21 / 19	21 / 14
65	39 / 31	31 / 26	25 / 19	20 / 18	20 / 13
60	37 / 30	30 / 24	24 / 18	19 / 17	18 / 12
55	35 / 29	29 / 23	22 / 17	17 / 15	16 / 12
50	33 / 26	27 / 21	21 / 15	15 / 13	15 / 13
45	31 / 25	25 / 20	19 / 14	14 / 13	12 / 6
40	29 / 23	24 / 19	18 / 13	13 / 12	10 / 5
35	27 / 22	21 / 17	16 / 11	11 / 10	9 / 4
30	26 / 20	20 / 15	15 / 10	10 / 9	8 / 3
25	24 / 19	19 / 14	13 / 9	9 / 8	7 / 2
20	22 / 17	17 / 11	11 / 6	9 / 6	6 / 2
15	19 / 15	15 / 9	10 / 4	7 / 4	5 / 1
10	18 / 12	13 / 8	9 / 2	6 / 1	4 / 0
5	13 / 9	9 / 4	5 / 1	3 / 0	2 / 0