

## ***Pushup Test***

The individual to be tested should lie on the floor in the prone position with the hands pointed forward and immediately under the shoulders. Start with the chin touching the floor then push up by straightening the arms. Instruct the individual to maintain body alignment as they push up.

For males, the legs should be extended out and positioned together using the feet as pivots. For females, the upper leg should be straight out using the knees as pivots. There is no time limit for this test. Instruct the individual to complete as many pushups as they can. Discontinue the test when the individual begins to exhibit straining. Consult the table below.

<b>MEN</b>	<b>teens</b>	<b>20's</b>	<b>30's</b>	<b>40's</b>	<b>50's</b>	<b>60's</b>
<b>Excellent</b>	45+	39+	33+	27+	24+	23+
<b>Good</b>	31 - 41	26 - 35	22 - 29	18 - 25	15 - 22	14 - 20
<b>Average</b>	26 - 29	22 - 25	18 - 21	15 - 17	12 - 14	10 - 13
<b>Below Avg</b>	14 - 24	12 - 21	9 - 17	7 - 14	5 - 11	3 - 9
<b>Poor</b>	below 14	below 12	below 9	below 7	below 5	below 3

<b>WOMEN</b>	<b>teens</b>	<b>20's</b>	<b>30's</b>	<b>40's</b>	<b>50's</b>	<b>60's</b>
<b>Excellent</b>	31+	30+	29+	24+	20+	18+
<b>Good</b>	21 - 28	19 - 26	18 - 26	15 - 22	12 - 18	11 - 16
<b>Average</b>	17 - 20	16 - 18	14 - 17	12 - 14	10 - 12	8 - 10
<b>Below Avg</b>	9 - 16	8 - 15	5 - 13	4 - 11	3 - 9	2 - 7
<b>Poor</b>	below 9	below 8	below 5	below 4	below 3	below 2