

RED SUN FITNESS PROGRAM

PUSH-UPS

<http://www.exrx.net/Calculators/PushUps.html>



Perform as many push-ups as possible without pausing

MALES (age 13+)	FEMALES + CHILDREN
Toes on floor	<i>Knees on floor</i>
Legs, hips, & back straight	Hips & back straight
On up, elbows fully extended	On up, elbows fully extended
On down, chest 4 inches from floor	On down, chest 4 inches from floor

AGE	BRONZE (seconds)	SILVER (seconds)	GOLD (seconds)
5-7	13	18	30
8-9	16	23	38
10-11	18	26	40
12-13	20	28	42
14-15	26	40	48
16-17	32	38	50
18-25	36	44	52
26-35	35	40	48
36-45	32	37	45
46-55	26	30	36
56-65	18	22	27
65+	8	11	16