

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 (number of push-ups)	SILVER (number of push-ups)	GOLD (number of push-ups)
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

Table: Push Up Test norms for MEN

Age	17-19	20-29	30-39	40-49	50-59	60-65
Excellent	> 56	> 47	> 41	> 34	> 31	> 30
Good	47-56	39-47	34-41	28-34	25-31	24-30
Above average	35-46	30-39	25-33	21-28	18-24	17-23
Average	19-34	17-29	13-24	11-20	9-17	6-16
Below average	11-18	10-16	8-12	6-10	5-8	3-5
Poor	4-10	4-9	2-7	1-5	1-4	1-2
Very Poor	< 4	< 4	< 2	0	0	0

Table: Push Up Test norms for WOMEN

Age	17-19	20-29	30-39	40-49	50-59	60-65
Excellent	> 35	> 36	> 37	> 31	> 25	> 23
Good	27-35	30-36	30-37	25-31	21-25	19-23
Above Average	21-27	23-29	22-30	18-24	15-20	13-18
Average	11-20	12-22	10-21	8-17	7-14	5-12
Below average	6-10	7-11	5-9	4-7	3-6	2-4
Poor	2-5	2-6	1-4	1-3	1-2	1
Very Poor	0-1	0-1	0	0	0	0

To calculate your score: <http://www.exrx.net/Calculators/PushUps.html>

AGE	BRONZE (seconds)	SILVER (seconds)	GOLD (seconds)
5-7	4	5-8	9+
8-9	6	7-14	15+
10-11	8	9-34	35+
12-13	11	12-37	38+
14-15	15	16-39	40+
16-17	18	19-52	53+
18-25	25	26-59	60+
26-35	20	21-53	54+
36-45	16	17-46	47+
46-55	13	14-35	36+
56-65	9	10-27	28+
65+	4	5-15	16+