

Push-Up Test (Males)

<i>Age</i>	<i>20-29</i>	<i>30-39</i>	<i>40-49</i>	<i>50-59</i>	<i>60-69</i>
Excellent	36	30	25	21	18
Very Good	35	29	24	20	17
	29	22	17	13	11
Good	28	21	16	12	10
	22	17	13	10	8
Fair	21	16	12	9	7
	17	12	10	7	5
Needs Improvement	16	11	9	6	4

Push-Up Test (Females)

<i>Age</i>	<i>20-29</i>	<i>30-39</i>	<i>40-49</i>	<i>50-59</i>	<i>60-69</i>
Excellent	30	27	24	21	17
Very Good	29	26	23	20	16
	21	20	15	11	12
Good	20	19	14	10	11
	15	13	11	7	5
Fair	14	12	10	6	4
	10	8	5	2	2
Needs Improvement	9	7	4	1	1

Based on Fitness Categories from the ACSM Guidelines for Exercise Testing and Prescription, 2006.