

TABLE 6.3 Push-Up Test Norms for Adults

	Age				
	20 to 29	30 to 39	40 to 49	50 to 59	60 to 69
Males					
Excellent	36 or more	30 or more	25 or more	21 or more	18 or more
Very good	29 to 35	22 to 29	17 to 24	13 to 20	11 to 17
Good	22 to 28	17 to 21	13 to 16	10 to 12	8 to 10
Fair	17 to 21	12 to 16	10 to 12	7 to 9	5 to 7
Needs improvement	16 or fewer	11 or fewer	9 or fewer	6 or fewer	4 or fewer
	Age				
	20 to 29	30 to 39	40 to 49	50 to 59	60 to 69
Females					
Excellent	30 or more	27 or more	24 or more	21 or more	17 or more
Very good	21 to 29	20 to 26	15 to 23	11 to 20	12 to 16
Good	15 to 20	13 to 19	11 to 14	7 to 10	5 to 11
Fair	10 to 14	8 to 12	5 to 10	2 to 6	2 to 4
Needs improvement	9 or fewer	7 or fewer	4 or fewer	1 or none	1 or none

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