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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 avge	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 avge	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

Sit up test norms for Men						
Age	16-25	26-35	36-45	46-55	55-65	66+
Excellent	>49	>46	>41	>34	>31	>28
Good	44-49	42-46	35-41	31-34	25-31	23-28
Above avge	39-43	36-41	31-34	27-30	21-24	19-22
Average	35-38	32-35	27-30	23-26	17-20	15-18
Below avge	31-34	28-31	23-26	18-22	13-16	11-14
Poor	25-30	22-27	18-22	13-17	9-12	7-10
Very poor	<25	<22	<18	<13	<9	<7

Squat test norms for Men						
Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	>49	>45	>41	>35	>31	>28
Good	44-49	40-45	35-41	29-35	25-31	22-28
Above avge	39-43	35-39	30-34	25-38	21-24	19-21
Average	35-38	31-34	27-29	22-24	17-20	15-18
Below avge	31-34	29-30	23-26	18-21	13-16	11-14
Poor	25-30	22-28	17-22	13-17	9-12	7-10
Very poor	<25	<22	<17	<9	<9	<7

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 avge	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 avge	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

Sit up test norms for Women						
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 avge	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 avge	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

Squat test norms for Women						
Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	>43	>39	>33	>27	>24	>23
Good	37-43	33-39	27-33	22-27	18-24	17-23
Above avge	33-36	29-32	23-26	18-21	13-17	14-16
Average	29-32	25-28	19-22	14-17	10-12	11-13
Below avge	25-28	21-24	15-18	10-13	7-9	5-10
Poor	18-24	13-20	7-14	5-9	3-6	2-4
Very poor	<18	<20	<7	<5	<3	<2