



Push Up Test – Strength and Endurance

How many can you do?

Men should use the standard "military style" pushup position with only the hands and the toes touching the floor.

Women have the additional option of using the "bent knee" position. To do this, kneel on the floor, hands on either side of the chest and keep your back straight.

Get a partner to place their fist underneath your chest. Lower chest down until your chest touches their fist and raise chest back up. Wait 3 seconds between push ups.

Do as many push ups as possible until exhaustion. Count the total number of pushups performed.

How did you go?

Compare your results to the table below. Remember, these scores are based on doing the tests as described, and may not be accurate if the test is modified at all. Don't worry too much about how you rate - just try and improve your own score.

	Very Poor	Poor	Below average	Average	Above average	Good	Excellent
Push Up Test (Men)	< 4	4-10	11-18	19-34	35-46	47-56	> 56
Push Up Test (Women)	0-1	2-5	6-10	11-20	21-27	27-35	> 35