

Push Ups Test Measurement Test Protocol and Normative



Aim

The push up test measures upper body strength and is great for building up your chest, triceps and core. Greater measurement corresponds with greater health and higher levels of physical fitness. Men should use the standard “military style” push up 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, knees on the floor, hands on either side of the chest and keep your back straight. Do as many push-ups as possible in one minute. Count the total number of push-ups performed.

Equipment

Floor mat, cones, and stopwatch

Procedure

Step 1: Start in the push up position with the hands and toes touching the floor, the body and legs are in a straight line, feet slightly apart, and the arms at shoulder width apart, extended and at a right angle to the body. Keeping the back and knees straight, lower the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor.

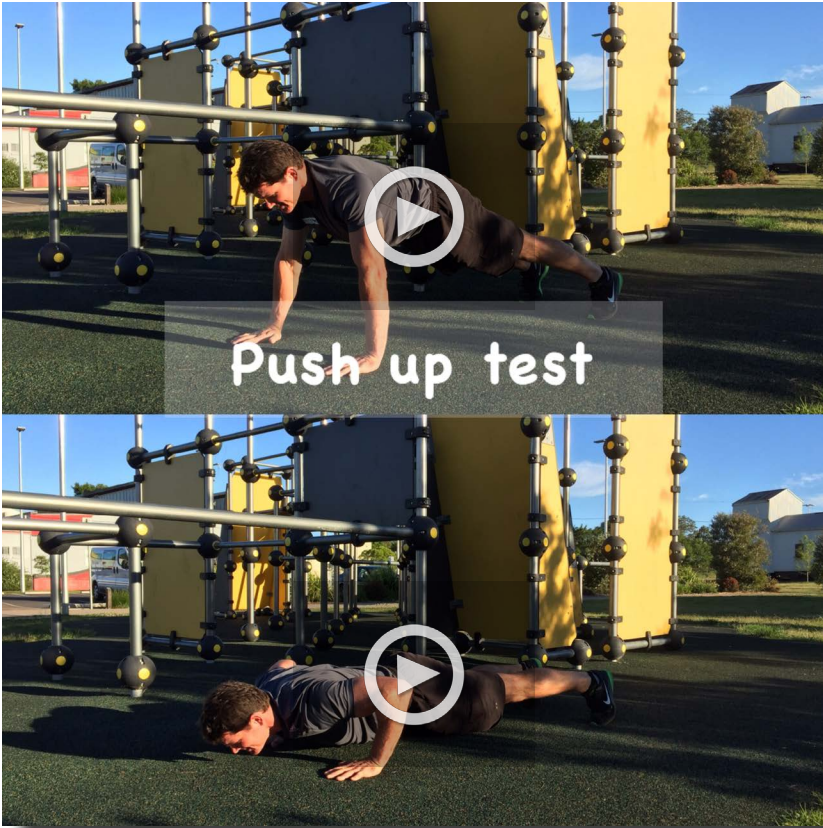
Step 2: Push your body upwards towards to ceiling or sky so that your elbows are straight. This is one repetition. Continue to do as many as you can in 60 seconds.

Scoring

Perform the task and then look up the tables (below) to view your training status. If your test level identifies a training status that does not apply to how you feel or does not reflect your fitness level, then use your own personal ‘feeling’ as the best measurement of which to choose from.

For example, if you are a 40 year old male with a push-up score of 12; the program which I have chosen for that level of fitness is the Beginner level program. However, if you feel like you are just a little weak in the upper body department but strong in the lower body, you may consider the Intermediate level program.

Each program is structured to increase in difficulty so expect that easy exercises at the beginning of the program will only get more challenging as the program progresses.



Dynamic Push Up Test (60 seconds)						
Push Up test Normative for Males (Repetitions)						
17 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 65	Normative
>56	>55	>45	>40	>35	>30	Pro
47 - 56	45 - 54	35 - 44	320 - 39	25 - 34	20 - 29	Advanced
35 - 46	35 - 44	25 - 34	20 - 29	15 - 24	10 - 19	Intermediate
19 - 34	20 - 34	15 - 24	12 - 19	8 - 14	5 - 9	Beginner
11 - 18	<20	<15	<12	<8	3 - 5	Beginner

Push Up test Normative for Females (Repetitions)						
17 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 65	Normative
>35	>40	>39	>35	>30	>19	Pro
27 - 35	34 - 39	25 - 38	20 - 34	15 - 29	5 - 18	Advanced
21 - 27	17 - 33	12 - 24	8 - 19	6 - 14	3 - 4	Intermediate
11 - 20	6 - 16	4 - 11	3 - 7	2 - 5	1 - 2	Beginner
6 - 10	<6	<4	<3	<2	<1	Beginner

Source: Web - Topend Sports <http://www.topendsports.com>