

Push-Up Test

1. On a carpeted floor or exercise mat, perform the maximum number of push-ups that you possibly can.
2. From the starting position, with hands roughly shoulder-width apart and fingers pointing forward, lower your chest to the floor, keeping your back straight. Then return to the starting position.
3. Perform as many push-ups as possible without stopping or delaying.
4. Record your maximum number of push-ups on your Self-Assessment and Goal-Setting Form.

Rating	Age (years)				
	20-29	30-39	40-49	50-59	60-69
<i>Male Norms:</i>					
Excellent	≥36	≥30	≥26	≥21	≥18
Very good	29-35	22-29	17-25	13-20	11-17
Good	22-28	17-21	13-16	10-12	8-10
Fair	17-21	12-16	10-12	7-9	5-7
Needs improvement	≤16	≤11	≤9	≤6	≤4
<i>Female Norms:</i>					
Excellent	≥30	≥27	≥24	≥21	≥17
Very good	21-29	20-26	15-23	11-20	12-16
Good	15-20	13-19	11-14	7-10	5-11
Fair	10-14	8-12	5-10	2-6	1-4
Needs improvement	≤9	≤7	≤4	≤1	≤1

Source: *The Canadian Physical Activity Fitness and Lifestyle Appraisal: CSEP's Plan for Healthy Active Living, 2nd edition, 1998*. Reprinted with permission from the Canadian Society for Exercise Physiology.

