

Press Up Test

Why do the Press Up Test?

The Press Up Test (PUT) measures the muscular endurance of the upper body. We use this test to evaluate your overall strength endurance levels.

What is the procedure of the Press Up Test?

MALE TEST: Lying face down on a mat, your hands are shoulder width apart and your arms are fully extended. Lower your body until the elbows are 90° and then return to the starting position. The push up action is to be continuous with no rest, and you should aim to complete as many repetitions as possible. The total number of full body press ups are noted and recorded.

FEMALE TEST: Same as above except that your knees will be grounded in a bent leg position (modified press ups).

What should I score on the Press Up Test?

Below are two charts with nominative data for the PUT:-

PRESS UP TEST

Male - Full body press up (lifting approximately 75% of your body weight)

Age	EXCELLENT	GOOD	AVERAGE	BELOW AVERAGE	POOR
20 - 29	► 54	45 - 54	35 - 44	20 - 34	◄ 20
30 - 39	► 44	35 - 44	25 - 34	15 - 24	◄ 15
40 - 49	► 39	30 - 39	20 - 29	12 - 19	◄ 12
50 - 59	► 34	25 - 34	15 - 24	8 - 14	◄ 8
60 +	► 29	20 - 29	10 - 19	5 - 9	◄ 5

Female - Modified body press up (lifting approximately 60% of your body weight)

Age	EXCELLENT	GOOD	AVERAGE	BELOW AVERAGE	POOR
20 - 29	► 48	34 - 48	17 - 33	6 - 16	◄ 6
30 - 39	► 39	25 - 39	12 - 24	4 - 11	◄ 4
40 - 49	► 34	20 - 34	8 - 19	3 - 7	◄ 3
50 - 59	► 29	15 - 29	6 - 14	2 - 5	◄ 2
60 +	► 19	5 - 19	3 - 4	1 - 2	◄ 1