

## PUSH-UP STANDARDS

AGE GROUP	17-21		22-26		27-31		32-36		37-41		AGE GROUP	42-46		47-51		52-56		57-61		62+		AGE GROUP
	Repetitions	M	F	M	F	M	F	M	F	Repetitions		M	F	M	F	M	F	M	F	M	F	
77					100						77											77
76					99						76											76
75			100		98		100				75											75
74			99		97		99				74											74
73			98		96		98			100	73											73
72			97		95		97			99	72											72
71	100		95		94		96			98	71											71
70	99		94		93		95			97	70											70
69	97		93		92		94			96	69											69
68	96		92		91		93			95	68											68
67	94		91		89		92			94	67											67
66	93		90		88		91			93	66	100										66
65	92		89		87		90			92	65	99										65
64	90		87		86		89			91	64	98										64
63	89		86		85		88			90	63	97										63
62	88		85		84		87			89	62	96										62
61	86		84		83		86			88	61	94										61
60	85		83		82		85			87	60	93										60
59	83		82		81		84			86	59	92	100									59
58	82		81		80		83			85	58	91	99									58
57	81		79		79		82			84	57	90	98									57
56	79		78		78		81			83	56	89	96	100								56
55	78		77		77		79			82	55	88	95	99								55
54	77		76		76		78			81	54	87	94	98								54
53	75		75		75		77			79	53	86	93	97	100							53
52	74		74		74		76			78	52	84	92	96	99							52
51	72		73		73		75			77	51	83	91	94	98							51
50	71		71		72	100	74			76	50	82	89	93	97	100						50
49	70		70		71	99	73			75	49	81	88	92	95	98						49
48	68		69		69	98	72			74	48	80	87	91	94	98						48
47	67		68		68	96	71			73	47	79	86	90	93	96						47
46	66		67	100	67	95	70			72	46	78	85	89	92	95						46
45	64		66	99	66	94	69	100		71	45	77	84	88	91	94						45
44	63		65	97	65	93	68	99		70	44	76	82	87	90	93						44
43	61		63	96	64	92	67	97		69	43	74	81	86	89	92						43
42	60	100	62	94	63	90	66	96		68	42	73	80	84	87	91						42
41	59	98	61	93	62	89	65	95		67	41	72	79	83	86	89						41
40	57	97	60	92	61	88	64	93	100	66	40	71	78	82	85	88						40
39	56	95	59	90	60	87	63	92	99	65	39	70	76	81	84	87						39
38	54	93	58	89	59	85	62	91	98	64	38	69	75	80	83	86						38
37	53	91	57	88	58	84	61	89	97	63	37	68	74	79	82	85						37
36	52	90	55	86	57	83	60	88	96	62	36	67	73	78	81	84						36
35	50	88	54	85	56	82	59	87	95	61	35	66	72	77	79	82						35
34	49	86	53	83	55	81	58	85	94	60	34	64	71	76	78	81						34
33	48	84	52	82	54	79	57	84	93	59	33	63	70	75	77	80						33
32	46	83	51	81	53	78	56	83	92	58	32	62	69	74	76	79						32
31	45	81	50	79	52	77	55	81	91	57	31	61	68	73	75	78						31
30	43	79	49	78	50	75	54	80	90	56	30	60	67	72	74	77						30
29	42	77	47	77	49	73	53	79	89	55	29	59	66	71	73	76						29
28	41	76	46	75	48	73	52	77	88	54	28	58	65	70	72	75						28
27	39	74	45	74	47	72	51	76	87	53	27	57	64	69	71	74						27
26	38	72	44	72	46	70	50	75	86	52	26	56	63	68	70	73						26
25	37	70	43	71	45	70	49	73	85	51	25	54	61	66	68	71						25
24	35	69	42	70	44	68	48	72	84	50	24	53	60	65	67	70						24
23	34	67	41	68	43	67	47	71	83	49	23	52	59	64	66	69						23
22	32	65	39	67	42	66	46	69	82	48	22	51	58	63	65	68						22
21	31	63	38	66	41	65	45	68	81	47	21	50	57	62	64	67						21
20	30	62	37	64	40	64	44	67	80	46	20	49	56	61	63	66						20
19	28	60	36	63	39	62	43	65	79	45	19	48	55	60	62	65						19
18	27	58	35	61	38	61	42	64	78	44	18	47	54	59	61	64						18
17	26	57	34	60	37	60	41	63	77	43	17	46	53	58	60	63						17
16	24	55	33	59	36	59	39	61	76	42	16	44	51	56	58	61						16
15	23	53	31	57	35	58	38	60	75	41	15	43	50	55	57	60						15
14	21	51	30	56	34	56	37	59	74	40	14	42	49	54	56	59						14
13	20	50	29	54	33	55	36	58	73	39	13	41	48	53	55	58						13
12	19	48	28	52	32	54	35	56	72	38	12	40	47	52	54	57						12
11	17	46	27	50	31	52	34	54	71	37	11	39	46	51	53	56						11
10	16	44	26	49	29	50	33	52	70	36	10	38	45	50	52	55						10
9	14	43	25	49	28	49	32	50	69	35	9	37	44	49	51	54						9
8	13	41	23	48	27	49	31	49	68	34	8	36	43	48	50	53						8
7	12	39	22	46	26	48	30	49	67	33	7	34	42	47	49	52						7
6	10	37	21	45	25	47	29	48	66	32	6	33	40	45	47	50						6
5	9	36	20	43	24	45	28	47	65	31	5	32	39	44	46	49						5
4	8	34	19	42	23	44	27	45	64	30	4	31	38	43	45	48						4
3	6	32	18	41	22	43	26	44	63	29	3	30	37	42	44	47						3
2	5	30	17	39	21	42	25	43	62	28	2	29	36	41	43	46						2
1	3	29	15	38	20	41	24	41	61	27	1	28	35	40	42	45						1

Scoring standards are used to convert raw scores to point scores after test events are completed. Male point scores are indicated by the M at the top and bottom of the shaded column. Female point scores are indicated by the F at the top and bottom of the unshaded column. To convert raw scores to point scores, find the number of repetitions performed in the left-hand column. Next, move right along that row and locate the intersection of the soldier's appropriate age column. Record that number in the Push-Up points block on the front of the scorecard.