

Measuring Muscular Endurance

Push-up test

Protocol

- 1) For men, start in down position with hands pointing forward under the shoulder, with straight back and to use the toes as the pivotal point. For women, apply modified “knee push –up” position instead.
- 2) Raise the body up and return to down position, until the chin touches the mat.
- 3) Keep the back straight and should push up to a straight arm position.
- 4) The maximal number of push-ups performed consecutively without rest is counted.



	AGE (Years)				
Male rating	20-29	30-39	40-49	50-59	60-69
Excellent	36	30	25	21	18
Very Good	29-35	22-29	17-24	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
Need improvement	16	11	9	6	4
Female rating					
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	2-4
Need improvement	9	7	4	1	1