

PUSH-UP TEST

The push-up test is a measure of muscular endurance specifically for the pectoral muscles, anterior deltoid and triceps brachii. Muscular endurance is classified by the number of completed push-up that can be performed in one minute. The core muscles are also indirectly assessed in holding the body in push-up position throughout the test. The test should follow these procedures:

- The clients hands should be 1½ times shoulder width apart; back should be straight and the head facing down to keep spine in alignment. The toes are the pivot point in the full press-up. The female version of test and results use the knees as the pivot point.
- The client then lowers their body until the upper arm is parallel with the floor, the back needs to remain straight throughout and then extending back up to the straight arm position.
- Ensure the client completes this sequence with correct technique each time for a minute, counting out loudly and encouraging the client throughout. The score is the maximal number of push-ups completed with correct technique consecutively without rest. Once the time limit is reached record the number of push-ups completed consecutively and compare the results with the classification on the norms table below.

Males	Age				
	<20	20 - 29	30 - 39	40 - 49	>50
Excellent	>41	> 32	>25	>24	> 24
Above Average	28 – 40	22 – 31	17 – 24	12 – 23	11 – 23
Average	21 – 27	16 – 21	12 – 16	9 – 11	7 – 10
Below Average	12 – 20	9 – 15	6 – 11	5 – 8	3 – 6
Poor	< 11	<8	<5	<4	< 2

Females	Age				
	<20	20 - 29	30 - 39	40 - 49	>50
Excellent	>32	>31	>28	>25	>23
Above Average	21 – 31	18 – 30	15 – 27	11 – 24	11 – 22
Average	14 – 20	12 – 17	10 – 14	5 – 10	4 – 10
Below Average	6 – 13	5 – 11	3 – 9	2 – 4	2 – 3
Poor	<5	<4	<2	<1	<1

Minute Push-Up Test Norms ACSM 2006

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