# Press up test (max reps)

The purpose of the test is to assess upper body strength (and endurance) and can be administered using a full press up or modified press-ups

- Use the standard press-up position with hands shoulder width apart or kneel on the mat hands shoulder width apart (modified). Remember to keep the chosen position when re-testing.
- Lower your body until the elbows reach 90 degrees
- With control return to the start position with arms extended
- Participants completes as many press-ups as possible with no rest
- Record total number of press-ups performed

Remember that performance measured against norms tables might not be that "useful" for a client. Their best is their best – no matter how it measures up against norms tables. The Fitness Professional can refer to the tables for their own information – but consider if there is real value in, for example, labelling your client's results as "poor" even though they have done their best.

**Full body press-ups**

| Age | Excellent | Good | Average | Fair | 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 |

**Modified Press-ups**

| Age | Excellent | Good | Average | Fair | Poor |
|---|---|---|---|---|---|
| 20 - 29 | >48 | 34 - 38 | 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 |

## Press Up - Timed Tests

A common version of the press-up test is to measure the maximum number of press-ups completed in a set time.

**The US Army push-up test** is conducted over two minutes, and **the Navy push-up test** over one minute.

**The Chair Push Up** is a variation measures the maximum number in 30 seconds.