

Strength Endurance

Push Up Standards



Pausing is only allowed in the up or elbows extended position.

Men					
Age	Untrained	Novice	Intermediate	Advanced	Elite
Adult	20	35	43	61	76
Over 40 years old	14	24	34	58	70
Over 50 years old	10	16	25	46	60
Over 60 years old	5	10	18	40	55

Women					
Age	Untrained	Novice	Intermediate	Advanced	Elite
Adult	4	13	18	35	46
Over 40 years old	2	5	13	30	40
Over 50 years old	0	2	10	25	34
Over 60 years old	0	1	8	21	28

Pull Up Standards



Men					
Age	Untrained	Novice	Intermediate	Advanced	Elite
Adult	4	8	12	16	22
Over 40 years old	2	5	9	14	17
Over 50 years old	1	3	7	11	15
Over 60 years old	0	1	2	8	11

Women					
Age	Untrained	Novice	Intermediate	Advanced	Elite
Adult	1	3	5	8	10
Over 40 years old	0	2	3	5	8
Over 50 years old	0	1	2	3	5
Over 60 years old	0	0	1	2	3

Ballistic kipping or swinging is not allowed.

Sit Up Standards



Fingers are interlaced across the back of the neck and do not touch the base of the skull. Someone may hold the feet if desired.

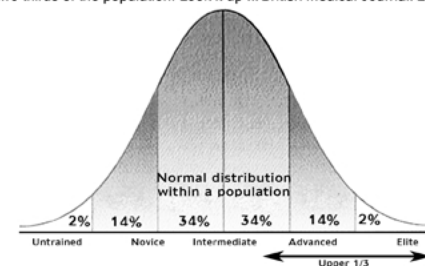
Men					
Age	Untrained	Novice	Intermediate	Advanced	Elite
Adult	27	43	50	69	80
Over 40 years old	18	29	38	62	76
Over 50 years old	13	25	30	53	68
Over 60 years old	9	18	27	50	64

Women					
Age	Untrained	Novice	Intermediate	Advanced	Elite
Adult	27	43	50	69	80
Over 40 years old	18	29	38	62	76
Over 50 years old	13	25	30	53	68
Over 60 years old	9	18	27	50	64

Performance standards are by nature a crude estimate of what we think someone should be capable of in a certain task under certain conditions. What is presented here are adult standards (>18 years old) based on classification systems historically used by academia, law enforcement, and the military from the 1960's to the present. Adjustments for the inevitability of aging are included. Standards are based on complete range of motion exercises as as pictured above. If there is a failure to meet the complete range of motion depicted, it voids the measurement. Definitions of Novice through Elite are those found in Practical Programming for Strength Training (Rippetoe & Kilgore, 2006).

Standards listed are for the maximal number of repetitions completed using the techniques depicted without excessive pauses between repetitions (more than 5 seconds is excessive). The elite column does not represent the highest level of muscular endurance performance possible.

Strength will make you less likely to die ... die from any cause. Cancer, heart attack, AIDS, car wreck, gunshot, you name the demise, it doesn't matter. If you are weak you will not survive the nastiness the world can throw at you as well as if you are strong. The strongest of us are the best survivors. The strongest third of the population dies at a lower rate from all causes than the weaker two thirds of the population. Look it up ... British Medical Journal. 2008 July 12:337(7661): 92-95.



The strongest third of the population correlates with the advanced and elite levels of training progression.