

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

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.