

DYNAMIC STRENGTH TEST

This test is a screening tool that provides an estimate of your dynamic strength.

| MALES | | | | | | FEMALES | | | | | RATING |
|------------|-------------------------------------|---------------|---------------|---------------|------------|--|---------------|---------------|---------------|------------|------------------|
| PERCENTAGE | NUMBER OF PUSHUPS (BY AGE GROUP) | | | | | NUMBER OF MODIFIED PUSHUPS (BY AGE GROUP) | | | | | |
| | Ages 20-29 | Ages 30-39 | Ages 40-49 | Ages 50-59 | Age 60+ | Ages 20-29 | Ages 30-39 | Ages 40-49 | Ages 50-59 | Age 60+ | |
| 99 | 100 | 86 | 64 | 51 | 39 | 70 | 56 | 60 | 31 | 20 | Superior |
| 95 | 62 | 52 | 40 | 39 | 28 | 45 | 39 | 33 | 28 | 20 | |
| 90 | 57 | 46 | 36 | 30 | 26 | 42 | 36 | 28 | 25 | 17 | Excellent |
| 85 | 51 | 41 | 34 | 28 | 24 | 39 | 33 | 26 | 23 | 15 | |
| 80 | 47 | 39 | 30 | 25 | 23 | 36 | 31 | 24 | 21 | 15 | |
| 75 | 44 | 36 | 29 | 24 | 22 | 34 | 29 | 21 | 20 | 15 | Good |
| 70 | 41 | 34 | 26 | 21 | 21 | 32 | 28 | 20 | 19 | 14 | |
| 65 | 39 | 31 | 25 | 20 | 20 | 31 | 26 | 19 | 18 | 13 | |
| 60 | 37 | 30 | 24 | 19 | 18 | 30 | 24 | 18 | 17 | 12 | |
| 55 | 35 | 29 | 22 | 17 | 16 | 29 | 23 | 17 | 15 | 12 | Fair |
| 50 | 33 | 27 | 21 | 15 | 15 | 26 | 21 | 15 | 13 | 8 | |
| 45 | 31 | 25 | 19 | 14 | 12 | 25 | 20 | 14 | 13 | 6 | |
| 40 | 29 | 24 | 18 | 13 | 10 | 23 | 19 | 13 | 12 | 5 | |
| 35 | 27 | 21 | 16 | 11 | 9 | 22 | 17 | 11 | 10 | 4 | Poor |
| 30 | 26 | 20 | 15 | 10 | 8 | 20 | 15 | 10 | 9 | 3 | |
| 25 | 24 | 19 | 13 | 9.5 | 7 | 19 | 14 | 9 | 8 | 2 | |
| 20 | 22 | 17 | 11 | 9 | 6 | 17 | 11 | 6 | 6 | 2 | |
| 15 | 19 | 15 | 10 | 7 | 5 | 15 | 9 | 4 | 4 | 1 | Very Poor |
| 10 | 18 | 13 | 9 | 6 | 4 | 12 | 8 | 2 | 1 | 0 | |
| 5 | 13 | 9 | 5 | 3 | 2 | 9 | 4 | 1 | 0 | 0 | |