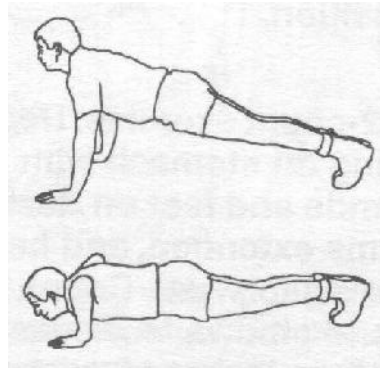


## STRENGTH TEST – PUSH UP



### Purpose

This test is done to measure the client's upper body strength and endurance. Depending on the client's ability you may choose to do a full push up, meaning 75% of their body weight, or a modified push up, meaning 60% of their body weight, to make it slightly easier for them. The reliability of this test will depend on how strict you conduct it and the motivation from the client.

### Procedure

1. Have the client begin in push up position, making sure the feet are shoulder width apart, hands are in correct position (this depends on the type of push up chosen), and head is neutral.
2. Have them do as many push-ups they can until they can't do any more.
3. If the client loses proper form it is not counted.

### Equipment

- A mat (if necessary)

### Results

Record the number of correctly completed push-ups until failure. You may use the following charts as a way to gauge your client's ability (McArdle et al. 2000).

## Full Push 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 Push 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