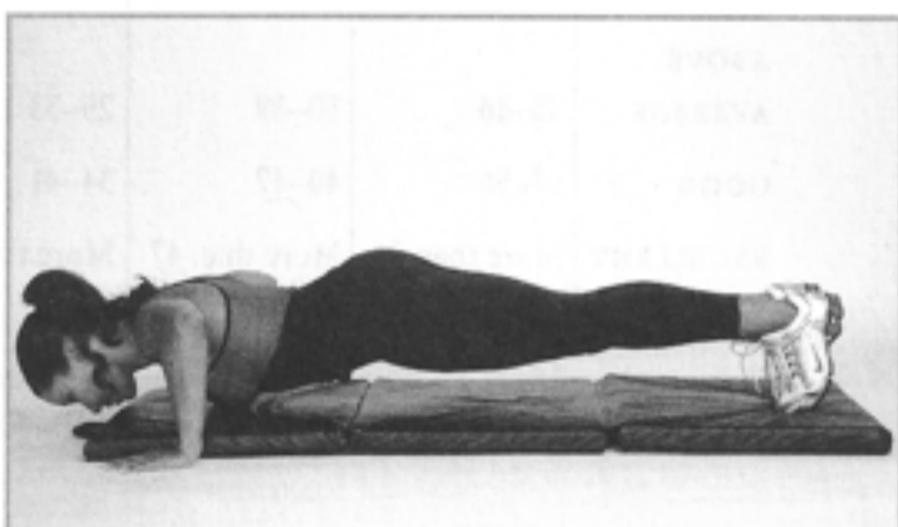
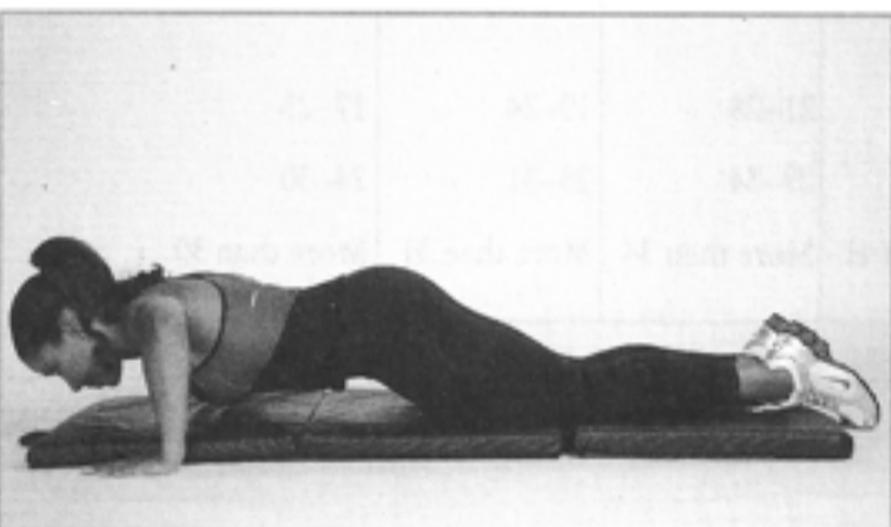
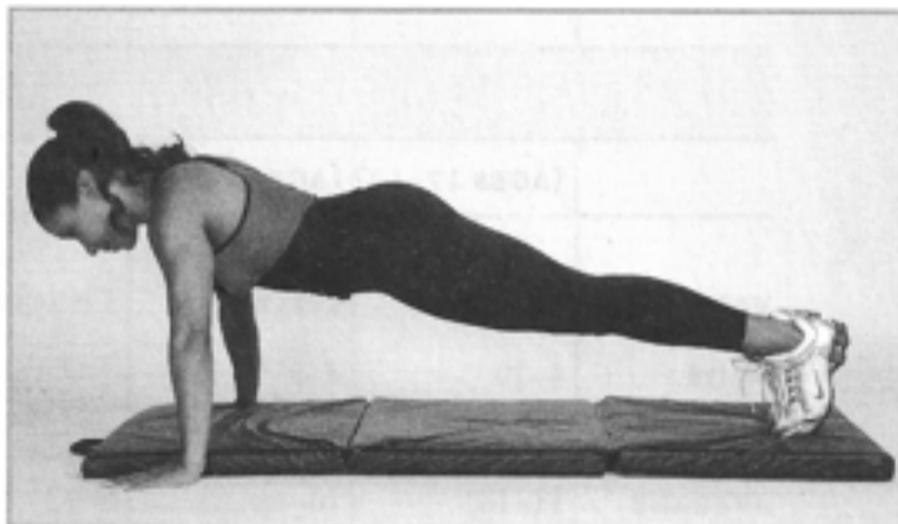
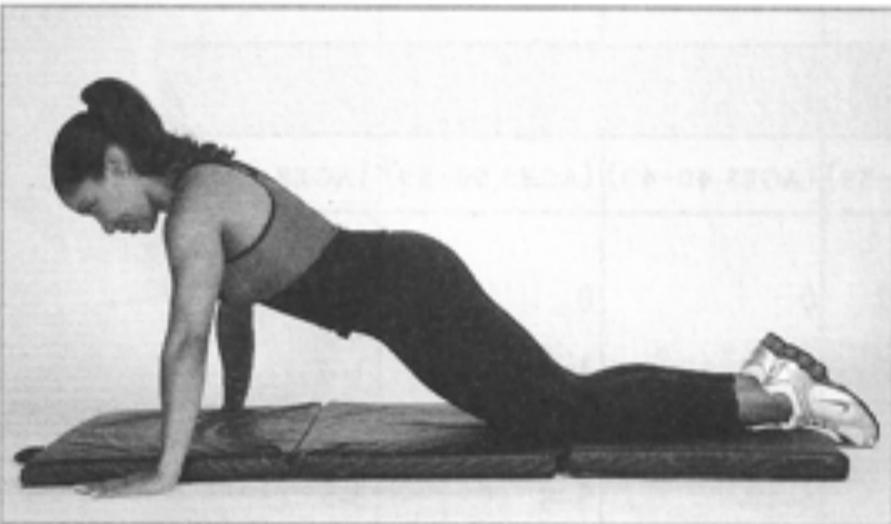


MUSCULAR STRENGTH: UPPER BODY

This test involves doing push-ups. For women, the accepted version uses the “bent knee” position, in which your hands, knees, and tops of the feet all touch the floor. For men, the standard is the “military style” push-up position, with only hands and toes touching the floor. Perform as many as you can without compromising form—your back should remain straight and you should move from a fully extended arm position until your nose just touches the floor. Perform a full push-up each time—until you reach exhaustion. Use Table 5 to see how you rate.



RATINGS FOR UPPER BODY STRENGTH TEST

WOMEN

Rating	Score					
	(AGES 17-19)	(AGES 20-29)	(AGES 30-39)	(AGES 40-49)	(AGES 50-59)	(AGES 60-65)
VERY POOR	0-1	0-1	0	0	0	0
POOR	2-5	2-6	1-4	1-3	1-2	1
BELOW AVERAGE	6-10	7-11	5-9	4-7	3-6	2-4
AVERAGE	11-20	12-22	10-21	8-17	7-14	5-12
ABOVE AVERAGE	21-27	23-29	22-30	18-24	15-20	13-18
GOOD	28-35	30-36	31-37	25-31	21-25	19-23
EXCELLENT	More than 35	More than 36	More than 37	More than 31	More than 25	More than 23

MEN

	Score					
	(AGES 17-19)	(AGES 20-29)	(AGES 30-39)	(AGES 40-49)	(AGES 50-59)	(AGES 60-65)
VERY POOR	Less than 4	Less than 4	Less than 2	0	0	0
POOR	4-10	4-9	2-7	1-5	1-4	1-2
BELOW AVERAGE	11-18	10-16	8-12	6-10	5-8	3-5
AVERAGE	19-34	17-29	13-24	11-20	9-17	6-16
ABOVE AVERAGE	35-46	30-39	25-33	21-28	18-24	17-23
GOOD	47-56	40-47	34-41	29-34	25-31	24-30
EXCELLENT	More than 56	More than 47	More than 41	More than 34	More than 31	More than 30

(Source: adapted from *Y's Way to Physical Fitness*, Lawrence A. Golding, et al., 1986)

Table 5: Ratings for Upper Body Strength Test

Muscular Strength Test: Upper Body Score: _____

Muscular Strength Rating: Upper Body Rating: _____