

## Push-up Scoring Table

Age	<22	22-24	25-27	28-30	31-33	34-36	37-39	40-42	43-45	46-48	49-51	52-54	55-57	58-60
Age Group	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Repetitions	Total Score													
60	25													
59	24	25												
58	24	24	25											
57	24	24	24	25										
56	24	24	24	24	25									
55	23	24	24	24	24	25								
54	23	23	24	24	24	24	25							
53	23	23	23	24	24	24	24	25						
52	23	23	23	23	24	24	24	24						
51	22	23	23	23	23	24	24	24	25					
50	22	22	23	23	23	23	24	24	24					
49	22	22	22	23	23	23	23	24	24	25				
48	22	22	22	22	23	23	23	23	24	24				
47	21	22	22	22	22	23	23	23	24	24	25			
46	21	21	22	22	22	22	23	23	23	24	24			
45	21	21	21	22	22	22	22	23	23	24	24	25		
44	21	21	21	21	22	22	22	22	23	23	24	24		
43	20	21	21	21	21	22	22	22	23	23	24	24		
42	20	20	21	21	21	21	22	22	22	23	23	24	25	
41	20	20	20	21	21	21	21	22	22	23	23	24	24	
40	20	20	20	20	21	21	21	21	22	22	23	23	24	25
39	19	20	20	20	20	21	21	21	22	22	23	23	24	24
38	19	19	20	20	20	20	21	21	21	22	22	23	23	24
37	19	19	19	20	20	20	20	21	21	22	22	22	23	24
36	18	19	19	19	20	20	20	20	21	21	22	22	23	23
35	18	18	19	19	19	20	20	20	21	21	21	22	22	23
34	18	18	18	19	19	19	20	20	20	21	21	21	22	23
33	17	18	18	18	19	19	19	20	20	20	21	21	22	22
32	17	17	18	18	18	19	19	19	20	20	20	21	21	22
31	17	17	17	18	18	18	19	19	19	20	20	20	21	22
30	16	17	17	17	18	18	18	19	19	19	20	20	21	21
29	16	16	17	17	17	18	18	18	19	19	19	20	20	21
28	16	16	16	17	17	17	18	18	18	19	19	19	20	20
27	15	16	16	16	17	17	17	18	18	18	19	19	19	20
26	15	15	16	16	16	17	17	17	18	18	18	19	19	19
25	14	15	15	16	16	16	17	17	17	18	18	18	19	19
24	13	14	15	15	16	16	16	17	17	17	18	18	18	19
23	12	13	14	15	15	16	16	16	17	17	17	18	18	18
22	11	12	13	14	15	15	16	16	16	17	17	17	18	18
21	10	11	12	13	14	15	15	16	16	16	17	17	17	18
20	9	10	11	12	13	14	15	15	16	16	16	17	17	17
19	8	9	10	11	12	13	14	15	15	16	16	16	17	17
18	6	8	9	10	11	12	13	14	15	15	16	16	16	17
17	4	6	8	9	10	11	12	13	14	15	15	16	16	16
16	2	4	6	8	9	10	11	12	13	14	15	15	16	16
15	1	2	4	6	8	9	10	11	12	13	14	15	15	16
14	0	1	2	4	6	8	9	10	11	12	13	14	15	15
13	0	0	1	2	4	6	8	9	10	11	12	13	14	15
12	0	0	0	1	2	4	6	8	9	10	11	12	13	14
11	0	0	0	0	1	2	4	6	8	9	10	11	12	13
10	0	0	0	0	0	1	2	4	6	8	9	10	11	12
9	0	0	0	0	0	0	1	2	4	6	8	9	10	11
8	0	0	0	0	0	0	0	1	2	4	6	8	9	10
7	0	0	0	0	0	0	0	0	1	2	4	6	8	9
6	0	0	0	0	0	0	0	0	0	1	2	4	6	8
5	0	0	0	0	0	0	0	0	0	0	1	2	4	6
4	0	0	0	0	0	0	0	0	0	0	0	1	2	4
3	0	0	0	0	0	0	0	0	0	0	0	0	1	2
2	0	0	0	0	0	0	0	0	0	0	0	0	0	1
1	0	0	0	0	0	0	0	0	0	0	0	0	0	0