**Push-ups (Boys)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Age | | | | | | | | | | | |
| **Rating** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** |
| **90** | 11 | 17 | 19 | 20 | 25 | 30 | 34 | 40 | 42 | 44 | 46 | 55 |
| **70** | 7 | 11 | 13 | 15 | 18 | 23 | 25 | 30 | 32 | 35 | 37 | 45 |
| **50** | 7 | 8 | 9 | 12 | 14 | 15 | 18 | 23 | 25 | 30 | 32 | 36 |
| **30** | 4 | 5 | 7 | 8 | 11 | 10 | 13 | 16 | 18 | 25 | 27 | 30 |
| **10** | 2 | 3 | 4 | 5 | 7 | 3 | 7 | 9 | 11 | 15 | 18 | 22 |
| Repetitions | | | | | | | | | | | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Push-up (Girls)**   |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Age | | | | | | | | | | | | | **Rating** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | | **90** | 11 | 17 | 19 | 20 | 20 | 20 | 21 | 22 | 22 | 23 | 26 | 28 | | **70** | 7 | 11 | 13 | 15 | 17 | 16 | 15 | 15 | 15 | 17 | 18 | 19 | | **50** | 6 | 8 | 9 | 12 | 13 | 12 | 11 | 11 | 11 | 15 | 15 | 16 | | **30** | 4 | 5 | 7 | 8 | 9 | 8 | 7 | 6 | 6 | 9 | 10 | 12 | | **10** | 2 | 3 | 4 | 5 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 5 | | Repetitions | | | | | | | | | | | | | |

**Sit-ups (Boys)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Age | | | | | | | | | | | | |
| **Percentile** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** |
| **95** | 30 | 36 | 42 | 47 | 48 | 50 | 51 | 56 | 58 | 59 | 60 | 61 | 62 |
| **75** | 23 | 26 | 33 | 37 | 38 | 40 | 41 | 46 | 48 | 49 | 50 | 51 | 52 |
| **50** | 18 | 20 | 26 | 30 | 32 | 34 | 36 | 39 | 41 | 42 | 44 | 45 | 46 |
| **25** | 11 | 15 | 19 | 25 | 26 | 27 | 29 | 31 | 35 | 36 | 38 | 38 | 38 |
| **5** | 2 | 6 | 10 | 14 | 15 | 16 | 17 | 19 | 25 | 27 | 28 | 28 | 25 |
| Repetitions | | | | | | | | | | | | | |

**Sit-ups (Girls)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Age | | | | | | | | | | | | |
| **Percentile** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** |
| **95** | 28 | 35 | 40 | 44 | 45 | 47 | 50 | 52 | 51 | 51 | 56 | 54 | 54 |
| **75** | 24 | 28 | 31 | 35 | 36 | 39 | 40 | 41 | 41 | 42 | 43 | 43 | 44 |
| **50** | 19 | 22 | 25 | 29 | 30 | 32 | 34 | 36 | 35 | 35 | 37 | 37 | 37 |
| **25** | 12 | 14 | 20 | 22 | 23 | 25 | 28 | 30 | 30 | 30 | 30 | 30 | 31 |
| **5** | 2 | 6 | 10 | 12 | 14 | 15 | 19 | 19 | 19 | 20 | 20 | 20 | 20 |
| Repetitions | | | | | | | | | | | | | |

