

		<b>Male Pushup Standards</b>											
		Males: Age 17 - 19 years	Males: Age 20 - 24 years	Males: Age 25 - 29 years	Males: Age 30 - 34 years	Males: Age 35 - 39 years	Males: Age 40 - 44 years	Males: Age 45 - 49 years	Males: Age 50 - 54 years	Males: Age 55 - 59 years	Males: Age 60 - 64 years	Males: Age 65 + years	
<b>Outstanding</b>	<b>High</b>	<b>100</b>	92	87	84	80	76	72	68	64	60	57	48
<b>Outstanding</b>	<b>Medium</b>	<b>95</b>	91	86	82	78	74	70	66	62	59	56	46
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	86	81	77	74	70	67	63	59	56	52	44
<b>Excellent</b>	<b>High</b>	<b>85</b>	82	77	73	69	65	61	57	53	52	48	41
<b>Excellent</b>	<b>Medium</b>	<b>80</b>	79	74	69	67	63	59	54	51	48	46	39
<b>Excellent</b>	<b>Low</b>	<b>75</b>	76	71	67	64	60	56	52	49	46	44	36
<b>Good</b>	<b>High</b>	<b>70</b>	68	64	60	57	53	50	46	43	38	32	25
<b>Good</b>	<b>Medium</b>	<b>65</b>	60	55	51	48	44	41	37	34	32	23	18
<b>Good</b>	<b>Low</b>	<b>60</b>	51	47	44	41	37	34	32	30	16	14	10
<b>Satisfactory</b>	<b>High</b>	<b>55</b>	49	45	41	38	35	32	28	25	14	12	8
<b>Satisfactory</b>	<b>Medium</b>	<b>50</b>	46	42	38	35	33	29	25	23	12	10	6
<b>Probationary</b>		<b>45</b>	42	37	34	31	27	24	21	19	10	8	4