

8 to Great Scoring

What does your score mean for the plank, pushup, and isometric squat test?

PLANK

MEN AND WOMEN

YOUR SCORE _____

Rating	Score (seconds)
Excellent	100+
Good	80-100
Above Average	60-79
Average	40-59
Poor	<40

PUSHUPS

MEN

YOUR SCORE _____

Age	17-19	20-29	30-39	40-49	50-59	60-65
Excellent	> 56	> 47	> 41	> 34	> 31	> 30
Good	47-56	39-47	34-41	28-34	25-31	24-30
Above average	35-46	30-39	25-33	21-28	18-24	17-23
Average	19-34	17-29	13-24	11-20	9-17	6-16
Below average	11-18	10-16	8-12	6-10	5-8	3-5
Poor	4-10	4-9	2-7	1-5	1-4	1-2
Very Poor	< 4	< 4	< 2	0	0	0

WOMEN

Age	17-19	20-29	30-39	40-49	50-59	60-65
Excellent	> 35	> 36	> 37	> 31	> 25	> 23
Good	27-35	30-36	30-37	25-31	21-25	19-23
Above Average	21-27	23-29	22-30	18-24	15-20	13-18
Average	11-20	12-22	10-21	8-17	7-14	5-12
Below average	6-10	7-11	5-9	4-7	3-6	2-4
Poor	2-5	2-6	1-4	1-3	1-2	1
Very Poor	0-1	0-1	0	0	0	0

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ISOMETRIC SQUAT

YOUR SCORE _____

MEN

Age	20-29	30-39	40-49	50-59	60+
Excellent	> 34	> 32	> 29	> 26	> 23
Good	33-34	30-32	27-29	24-26	21-23
Above average	30-32	27-29	24-26	21-23	18-20
Average	27-29	24-26	21-23	18-20	15-17
Below Average	24-26	21-23	18-20	15-17	12-14
Poor	21-23	18-20	15-17	12-14	9-11
Very Poor	< 21	< 18	<15	<12	<9

WOMEN

Age	20-29	30-39	40-49	50-59	60+
Excellent	>29	>26	>23	>20	>17
Good	27-29	24-26	21-23	18-20	15-17
Above average	24-26	21-23	18-20	15-17	12-14
Average	21-23	18-20	15-17	12-14	9-11
Below Average	18-20	15-17	12-14	9-11	6-8
Poor	15-17	12-14	9-11	6-8	3-5
Very Poor	<15	<12	<9	<6	<3

Source: Adapted from Total Fitness ebook, V. Antonetti