

## Performance Scales for the Hands Up Push Up Test

### Test Description:

- The student will push up off the floor, keeping the back straight so that only their hands and feet make contact with the floor.
- After the arms are fully extended the student must lower his/her body back to floor until resting completely in the original prone position.
- This will complete a single repetition.
- The hands must be raised off the floor before the next repetition can be attempted.
- The test has a one minute time limit.

Women	Percentage	Men
31	100	42
30	98	41
29	96	40
28	94	39
27	92	38
26	90	37
25	88	36
24	86	35
23	84	34
22	82	33
21	80	32
20	78	31
19	76	30
18	74	29
17	72	28
16	70	27
15	68	26
14	66	25
13	64	24
12	62	23
11	60	22

Source: *Health & Exercise Studies Department: North Carolina State University, July 2012.*