Percentile Norms for Push-Ups for Boys

Age	10	11	12	13	14	15	16	17+
Percentile	**Number of Push-Ups**							
90	25	30	34	41	41	44	46	56
80	21	26	30	35	37	40	41	50
70	18	23	25	31	30	35	36	44
60	16	19	20	28	25	32	32	41
50	14	15	18	24	24	30	30	37
40	12	14	15	20	21	27	28	34
30	11	10	13	16	18	25	25	30
20	10	8	10	12	15	21	23	25
10	7	3	7	9	11	18	20	21

Source: The President's Council on Fitness, Sports & Nutrition

Percentile Norms for Push-Ups for Girls

Age	10	11	12	13	14	15	16	17+
Percentile	**Number of Push-Ups**							
90	21	20	21	22	21	23	26	28
80	19	18	20	17	19	20	22	22
70	17	17	15	15	12	18	19	19
60	14	15	11	13	10	16	15	17
50	13	11	10	11	10	15	12	16
40	10	8	8	10	8	13	12	15
30	9	7	5	7	5	11	10	12
20	8	6	3	5	5	10	5	9
10	4	2	1	3	2	5	3	5

Source: The President's Council on Fitness, Sports & Nutrition

Percentile Norms for Chin-Ups for Boys

Age	10	11	12	13	14	15	16	17+
Percentile	**Number of Chin-Ups**							
90	8	8	8	10	12	14	14	16
80	5	5	7	8	9	11	12	14
70	4	4	6	7	8	10	11	12
60	2	3	5	5	6	9	10	11
50	1	2	4	4	5	8	9	10
40	1	1	2	3	4	6	8	9
30	0	0	1	1	3	5	6	7
20	0	0	0	0	1	3	5	5
10	0	0	0	0	0	1	2	3

Source: The National Children and Youth Fitness Study

Percentile Norms for Chin-Ups for Girls

Age	10	11	12	13	14	15	16	17+
Percentile	**Number of Chin-Ups**							
90	3	3	2	2	2	2	2	2
80	2	1	1	1	1	1	1	1
70	1	1	1	0	1	1	1	1
60	0	0	0	0	0	0	0	0
50	0	0	0	0	0	0	0	0
40	0	0	0	0	0	0	0	0
30	0	0	0	0	0	0	0	0
20	0	0	0	0	0	0	0	0
10	0	0	0	0	0	0	0	0

Source: The National Children and Youth Fitness Study

Percentile Norms for Curl-Ups for Boys

Age	10	11	12	13	14	15	16	17+
Percentile	**Number of Curl-Ups**							
90	47	48	50	52	52	53	55	56
80	43	43	46	48	49	50	51	51
70	38	40	43	45	45	46	48	49
60	36	38	40	41	43	44	45	46
50	34	36	38	40	41	42	43	43
40	32	34	35	37	39	40	41	41
30	30	31	33	34	37	37	39	39
20	26	28	30	31	34	35	36	35
10	22	22	25	28	30	31	32	31

Source: The National Children and Youth Fitness Study

Percentile Norms for Curl-Ups for Girls

Age	10	11	12	13	14	15	16	17+
Percentile	**Number of Curl-Ups**							
90	43	42	46	46	47	45	49	47
80	39	39	41	41	42	42	42	41
70	36	36	39	39	40	39	39	39
60	33	34	36	35	37	36	37	37
50	31	32	33	33	35	35	35	36
40	30	30	32	31	32	32	33	33
30	27	28	30	28	30	30	30	31
20	24	24	27	25	27	28	28	29
10	20	20	21	21	23	24	23	24

Source: The National Children and Youth Fitness Study