

The ATA FIT Push-Up Standards

Dynamic Strength - Continuous Push Up **MALES**

9 & under	10-13	14-17	18-29	30-39	40-49	50-59	60+	
25	30	45	62	52	40	39	38	99%
20	25	40	47	39	30	25	23	80%
15	20	35	37	30	24	19	18	60%
10	15	30	29	24	18	13	10	40%
5	10	20	22	17	11	8	6	20%

Dynamic Strength - Continuous Push Up **FEMALES**

9 & under	10-13	14-17	18-29	30-39	40-49	50-59	60+	
20	25	30	42	39	20	15	12	99%
15	20	25	28	23	15	13	9	80%
10	15	20	21	15	13	9	6	60%
5	10	15	15	11	9	6	3	40%
0	5	10	10	8	6	3	1	20%

The ATA FIT Sit-Up Standards

Dynamic Strength - 1 Minute Sit Up **MALES**

9 & under	10-13	14-17	18-29	30-39	40-49	50-59	60+	
40	45	50	55	51	47	43	39	99%
35	40	45	47	43	39	35	30	80%
30	35	40	42	39	34	28	22	60%
25	30	35	38	35	29	24	19	40%
20	25	30	33	30	24	19	15	20%

Dynamic Strength - 1 Minute Sit Up **FEMALES**

9 & under	10-13	14-17	18-29	30-39	40-49	50-59	60+	
35	40	45	51	42	38	30	28	99%
25	30	40	44	35	29	24	17	80%
20	30	35	38	29	24	20	11	60%
15	25	30	32	25	20	14	6	40%
10	20	25	24	20	14	10	3	20%