

# Push Up Fact Sheet

Using an exercise mat and a rolled towel for proper depth we will instruct you how to perform a modified (women) and standard (men) push up to determine your upper body muscular endurance and provide a score in comparison to your gender and age group.

**Your Push Up total today was: \_\_\_\_\_**

## *What is Muscular Endurance?*

The push up test is a quick and easy way to assess upper body muscular endurance including the chest, shoulder, upper arm, and core muscles. Muscular endurance is the ability of a muscle group to execute repeated contractions over a period of time or to failure sufficient to cause muscular fatigue. This test correlates with overall strength, cardio-respiratory fitness and muscular function which are all essential for maintaining overall health. Compare your test results to the age and gender-specific norms below:

### **Women – Total Score**

Rating/Age	20-29	30-39	40-49	50-59	60-69
<b>Excellent</b>	30+	27+	24+	21+	17+
<b>Good</b>	21-29	20-26	15-23	11-20	12-16
<b>Average/Fair</b>	15-20	13-19	11-14	7-10	5-11
<b>Low</b>	10-14	8-12	5-10	2-6	2-4
<b>Poor</b>	<9	<7	<4	<1	<1

### **Men – Total Score**

Rating/Age	20-29	30-39	40-49	50-59	60-69
<b>Excellent</b>	35+	30+	25+	21+	18+
<b>Good</b>	29-35	22-29	17-24	13-20	11-17
<b>Average/Fair</b>	22-28	17-21	13-16	10-12	8-10
<b>Low</b>	17-21	12-16	10-12	7-9	5-7
<b>Poor</b>	<16	<11	<9	<6	<4

## *Why is Muscular Endurance important?*

In real life, muscular strength is handy when you need to open jars, lift groceries and get out of a chair. Muscular endurance helps you walk the stairs to get to your office, shovel snow or carry things. Improving strength and endurance contribute to a higher metabolism and decreased risk of injury as well as toned and firm muscles. This in turn increases your caloric burn both while at work and rest. Muscular endurance helps maintain proper posture all day long and also contributes to strong bones, increased stamina, improved heart function, and better sleep. Both muscular strength and endurance contribute to overall health. Maintaining good muscular endurance will allow you to complete regular activities of daily living and help prevent bone disorders like osteoporosis as you get older.

## *How can I increase my Muscular Endurance?*

- Seek the advice from a medical or health and fitness professional and exercise regularly to avoid a sedentary lifestyle.
- Perform routine cardiovascular exercise for prolonged periods of time (20+ min) within your appropriate target heart rate at least 3 days/week.
- Complete a full body strength training routine at least 2 days/week performing 2-3 sets of 8-12 exercises (at least one per muscle group) for 12-15 repetitions.
- Follow the “3 Rep Rule” = perform all exercises with a resistance that is challenging during the last 3 reps of each set performed. If you do not feel challenged during the last 3-5 reps then increase the resistance you are using. If you feel challenged prior to the last 3-5 reps and you cannot maintain proper form then decrease the resistance you are using. Your body will gain strength and endurance over time so adjust your resistance as necessary.