Bent-Knee Push-up Scoring Table for Servicewomen.

Age	<22	22-24	25-27	28-30	31-33	34-36	37-39	40-42	43-45	46-48	49-51	52-54	55-57	58-60
Age Group	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**
Repetitions	**Total Score**													
50	25													
49	24													
48	24	25												
47	24	24												
46	24	24	25											
45	24	24	24											
44	23	24	24	25										
43	23	23	24	24										
42	23	23	24	24	25									
41	23	23	23	24	24									
40	22	23	23	24	24	25								
39	22	22	23	23	24	24								
38	22	22	23	23	24	24	25							
37	22	22	22	23	23	24	24							
36	21	22	22	23	23	24	24	25						
35	21	21	22	22	23	23	24	24						
34	21	21	22	22	23	23	24	24	25					
33	21	21	21	22	22	23	23	24	24					
32	20	21	21	22	22	23	23	23	24	25				
31	20	20	21	21	22	22	23	23	24	24				
30	20	20	21	21	22	22	22	23	23	24				
29	20	20	20	21	21	22	22	22	23	24	25			
28	20	20	20	21	21	21	22	22	23	23	24			
27	19	20	20	20	21	21	21	22	22	23	24			
26	19	19	20	20	20	21	21	21	22	23	24			
25	19	19	19	20	20	20	21	21	22	22	23	25		
24	18	19	19	19	20	20	20	21	21	22	23	24	25	
23	18	18	19	19	19	20	20	20	21	22	23	24	24	25
22	18	18	18	19	19	19	20	20	21	21	22	23	24	24
21	17	18	18	18	19	19	19	20	20	21	22	23	23	24
20	16	17	18	18	18	19	19	19	20	21	22	22	23	23
19	15	16	17	18	18	18	19	19	20	20	21	22	22	23
18	15	15	16	17	18	18	18	19	19	20	21	21	22	22
17	10	15	15	16	17	18	18	18	19	20	20	21	21	22
16	5	10	15	15	16	17	18	18	19	19	20	20	21	21
15	1	5	10	15	15	16	17	18	18	19	19	20	20	21
14	0	1	5	10	15	15	16	17	18	18	19	19	20	20
13	0	0	1	5	10	15	15	16	17	18	18	19	19	20
12	0	0	0	1	5	10	15	15	16	17	18	18	19	19
11	0	0	0	0	1	5	10	15	15	16	17	18	18	19
10	0	0	0	0	0	1	5	10	15	15	16	17	18	18
9	0	0	0	0	0	0	1	5	10	15	15	16	17	18
8	0	0	0	0	0	0	0	1	5	10	15	15	16	17
7	0	0	0	0	0	0	0	0	1	5	10	15	15	16
6	0	0	0	0	0	0	0	0	0	1	5	10	15	15
5	0	0	0	0	0	0	0	0	0	0	1	5	10	15
4	0	0	0	0	0	0	0	0	0	0	0	1	5	10
3	0	0	0	0	0	0	0	0	0	0	0	0	1	5
2	0	0	0	0	0	0	0	0	0	0	0	0	0	1
1	0	0	0	0	0	0	0	0	0	0	0	0	0	0