Sit-up Scoring Table for Servicemen.

Age Cat	<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**													
60	25													
59	24	25												
58	24	24	25											
57	24	24	24	25										
56	24	24	24	24	25									
55	23	24	24	24	24	25								
54	23	23	24	24	24	24	25							
53	23	23	23	24	24	24	24	25						
52	23	23	23	23	24	24	24	24						
51	22	23	23	23	23	24	24	24	25					
50	22	22	23	23	23	23	24	24	24					
49	22	22	22	23	23	23	23	24	24	25				
48	22	22	22	22	23	23	23	23	24	24	25			
47	21	22	22	22	22	23	23	23	24	24	24			
46	21	21	22	22	22	22	23	23	23	24	24	25		
45	21	21	21	22	22	22	22	23	23	24	24	24		
44	21	21	21	21	22	22	22	22	23	23	24	24	25	
43	20	21	21	21	21	22	22	22	23	23	23	24	24	
42	20	20	21	21	21	21	22	22	22	23	23	24	24	25
41	20	20	20	21	21	21	21	22	22	23	23	23	24	24
40	20	20	20	20	21	21	21	21	22	22	23	23	24	24
39	19	20	20	20	20	21	21	21	22	22	22	23	23	24
38	19	19	20	20	20	20	21	21	21	22	22	23	23	23
37	18	19	19	20	20	20	20	21	21	22	22	22	23	23
36	18	18	19	19	20	20	20	20	21	21	22	22	22	23
35	17	18	18	19	19	20	20	20	21	21	21	22	22	22
34	16	17	18	18	19	19	20	20	20	21	21	21	22	22
33	15	16	17	18	18	19	19	20	20	20	21	21	21	22
32	14	15	16	17	18	18	19	19	20	20	20	21	21	21
31	14	14	15	16	17	18	18	19	19	20	20	20	21	21
30	13	14	14	15	16	17	18	18	19	19	20	20	20	21
29	13	13	14	14	15	16	17	18	18	19	19	20	20	20
28	12	13	13	14	14	15	16	17	18	18	19	19	20	20
27	11	12	13	13	14	14	15	16	17	18	18	19	19	20
26	10	11	12	13	13	14	14	15	16	17	18	18	19	19
25	9	10	11	12	13	13	14	14	15	16	17	18	18	19
24	8	9	10	11	12	13	13	14	14	15	16	17	18	18
23	7	8	9	10	11	12	13	13	14	14	15	16	17	18
22	7	7	8	9	10	11	12	13	13	14	14	15	16	17
21	6	7	7	8	9	10	11	12	13	13	14	14	15	16
20	6	6	7	7	8	9	10	11	12	13	13	14	14	15
19	5	6	6	7	7	8	9	10	11	12	13	13	14	14
18	4	5	6	6	7	7	8	9	10	11	12	13	13	14
17	3	4	5	6	6	7	7	8	9	10	11	12	13	13
16	2	3	4	5	6	6	7	7	8	9	10	11	12	13
15	1	2	3	4	5	6	6	7	7	8	9	10	11	12
14	0	1	2	3	4	5	6	6	7	7	8	9	10	11
13	0	0	1	2	3	4	5	6	6	7	7	8	9	10
12	0	0	0	1	2	3	4	5	6	6	7	7	8	9
11	0	0	0	0	1	2	3	4	5	6	6	7	7	8
10	0	0	0	0	0	1	2	3	4	5	6	6	7	7
9	0	0	0	0	0	0	1	2	3	4	5	6	6	7
8	0	0	0	0	0	0	0	1	2	3	4	5	6	6
7	0	0	0	0	0	0	0	0	1	2	3	4	5	6
6	0	0	0	0	0	0	0	0	0	1	2	3	4	5
5	0	0	0	0	0	0	0	0	0	0	1	2	3	4
4	0	0	0	0	0	0	0	0	0	0	0	1	2	3
3	0	0	0	0	0	0	0	0	0	0	0	0	1	2
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