Sit-up Scoring Table for Servicewomen.

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