USAF Physical Fitness Readiness Assessment Scoring

HAND RELEASE PUSH-UP SCORING STANDARDS (reps)

Points	Under 25		25-29		30-34		35-39		40-44		45-49		50-54		55-59		60 and Over		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
15.0	≥ 52	≥ 42	≥ 50	≥ 40	≥ 48	≥ 38	≥ 46	≥ 36	≥ 44	≥ 34	≥ 42	≥ 32	≥ 40	≥ 30	≥ 38	≥ 28	≥ 36	≥ 26	15.0
14.5	51	41	49	39	47	37	45	35	43	33	41	31	39	29	37	27	35	25	14.5
14.0	50	40	48	38	46	36	44	34	42	32	40	30	38	28	36	26	34	24	14.0
13.5	49	39	47	37	45	35	43	33	41	31	39	29	37	27	35	25	33	23	13.5
13.0	48	38	46	36	44	34	42	32	40	30	38	28	36	26	34	24	32	22	13.0
12.5	47	37	45	35	43	33	41	31	39	29	37	27	35	25	33	23	31	21	12.5
12.0	46	36	44	34	42	32	40	30	38	28	36	26	34	24	32	22	30	20	12.0
11.5	45	35	43	33	41	31	39	29	37	27	35	25	33	23	31	21	29	19	11.5
11.0	44	34	42	32	40	30	38	28	36	26	34	24	32	22	30	20	28	18	11.0
10.5	43	33	41	31	39	29	37	27	35	25	33	23	31	21	29	19	27	17	10.5
10.0	42	32	40	30	38	28	36	26	34	24	32	22	30	20	28	18	26	16	10.0
9.5	41	31	39	29	37	27	35	25	33	23	31	21	29	19	27	17	25	15	9.5
9.0	40	30	38	28	36	26	34	24	32	22	30	20	28	18	26	16	24	14	9.0
8.5	39	29	37	27	35	25	33	23	31	21	29	19	27	17	25	15	23	13	8.5
8.0	38	28	36	26	34	24	32	22	30	20	28	18	26	16	24	14	22	12	8.0
7.5	37	27	35	25	33	23	31	21	29	19	27	17	25	15	23	13	21	11	7.5
7.0	36	26	34	24	32	22	30	20	28	18	26	16	24	14	22	12	20	10	7.0
6.5	35	25	33	23	31	21	29	19	27	17	25	15	23	13	21	11	19	9	6.5
6.0	34	24	32	22	30	20	28	18	26	16	24	14	22	12	20	10	18	8	6.0
5.5	33	23	31	21	29	19	27	17	25	15	23	13	21	11	19	9	17	7	5.5
5.0	32	22	30	20	28	18	26	16	24	14	22	12	20	10	18	8	16	6	5.0
4.5	31	21	29	19	27	17	25	15	23	13	21	11	19	9	17	7	15	5	4.5
4.0	30	20	28	18	26	16	24	14	22	12	20	10	18	8	16	6	14	4	4.0
3.5	29	19	27	17	25	15	23	13	21	11	19	9	17	7	15	5	13	3	3.5
3.0	28	18	26	16	24	14	22	12	20	10	18	8	16	6	14	4	12	2	3.0
2.5	27*	17*	25*	15*	23*	13*	21*	11*	19*	9*	17*	7*	15*	5*	13*	3*	11*	1*	2.5