

Normative Data for PFP Assessment

Grip Strength, Push- Ups, Vertical Jump, Leg Power - Females

FEMALES: Norms and Health Benefit Zones by Age Bands				
Age (yr) 15-19	Grip Strength (kg)	Push-Ups (#)	Vertical Jump (cm)	Leg Power (Watts)
Excellent	≥ 68	≥ 33	≥ 40	≥ 3167
Very Good	60-67	25-32	36-39	2795-3166
Good	53-59	18-24	32-35	2399-2794
Fair	48-52	Dec-17	28-31	2156-2398
Needs Improvement	≤ 47	≤ 11	≤ 27	≤ 2155
Age (yr) 20-29	Grip Strength (kg)	Push-Ups (#)	Vertical Jump (cm)	Leg Power (Watts)
Excellent	≥ 70	≥ 30	≥ 38	≥ 3250
Very Good	63-69	21-29	34-37	2804-3249
Good	58-62	15-20	29-33	2478-2803
Fair	52-57	Oct-14	25-28	2271-2477
Needs Improvement	≤ 51	≤ 9	≤ 24	≤ 2270
Age (yr) 30-39	Grip Strength (kg)	Push-Ups (#)	Vertical Jump (cm)	Leg Power (Watts)
Excellent	≥ 71	≥ 27	≥ 36	≥ 3193
Very Good	63-70	20-26	32-35	2550-3192
Good	58-62	13-19	28-31	2335-2549
Fair	51-57	8-12	24-27	2147-2334
Needs Improvement	≤ 50	≤ 7	≤ 23	≤ 2146
Age (yr) 40-49	Grip Strength (kg)	Push-Ups (#)	Vertical Jump (cm)	Leg Power (Watts)
Excellent	≥ 69	≥ 24	≥ 31	≥ 2675
Very Good	61-68	15-23	27-30	2288-2674
Good	54-60	11-14	23-26	2101-2287
Fair	49-53	5-10	18-22	1688-2100
Needs Improvement	≤ 48	≤ 4	≤ 17	≤ 1687
Age (yr) 50-59	Grip Strength (kg)	Push-Ups (#)	Vertical Jump (cm)	Leg Power (Watts)
Excellent	≥ 61	≥ 21	≥ 25	≥ 2559
Very Good	54-60	11-20	21-24	2161-2558
Good	49-53	7-10	16-20	1701-2160
Fair	45-48	2-6	10-15	1386-1700
Needs Improvement	≤ 44	≤ 1	≤ 9	≤ 1385
Age (yr) 60-69	Grip Strength (kg)	Push-Ups (#)	Vertical Jump (cm)	Leg Power (Watts)
Excellent	≥ 54	≥ 17	≥ 19	≥ 2475
Very Good	48-53	12-16	15-18	1718-2474
Good	45-47	5-11	11-14	1317-1717
Fair	41-44	1-4	7-10	1198-1316
Needs Improvement	≤ 40	≤ 1	≤ 6	≤ 1197