

## Normative Data for PFP Assessment

### Grip Strength, Push- Ups, Vertical Jump, Leg Power - Males

MALES: Norms and Health Benefit Zones by Age Bands				
Age (yr) 15-19	Grip Strength (kg)	Push-Ups (#)	Vertical Jump (cm)	Leg Power (Watts)
Excellent	≥ 108	≥ 39	≥ 56	≥ 4644
Very Good	98-107	29-38	51-55	4185-4643
Good	90-98	23-28	46-50	3858-4184
Fair	79-89	18-22	42-45	3323-3857
Needs Improvement	≤ 78	≤ 17	≤ 41	≤ 3322
Age (yr) 20-29	Grip Strength (kg)	Push-Ups (#)	Vertical Jump (cm)	Leg Power (Watts)
Excellent	≥ 115	≥ 36	≥ 58	≥ 5094
Very Good	104-114	29-35	54-57	4540-5093
Good	95-103	22-28	48-53	4297-4639
Fair	84-94	17-21	42-47	3775-4296
Needs Improvement	≤ 83	≤ 16	≤ 41	≤ 3774
Age (yr) 30-39	Grip Strength (kg)	Push-Ups (#)	Vertical Jump (cm)	Leg Power (Watts)
Excellent	≥ 115	≥ 30	≥ 52	≥ 4860
Very Good	104-114	22-29	46-51	4389-4859
Good	95-103	17-21	40-45	3967-4388
Fair	84-94	12-16	31-39	3485-3966
Needs Improvement	≤ 83	≤ 11	≤ 30	≤ 3484
Age (yr) 40-49	Grip Strength (kg)	Push-Ups (#)	Vertical Jump (cm)	Leg Power (Watts)
Excellent	≥ 108	≥ 25	≥ 43	≥ 4320
Very Good	97-107	17-24	36-42	3700-4319
Good	88-96	13-16	32-35	3242-3699
Fair	80-87	10 -12	26-31	2708-3241
Needs Improvement	≤ 79	≤ 9	≤ 25	≤ 2707
Age (yr) 50-59	Grip Strength (kg)	Push-Ups (#)	Vertical Jump (cm)	Leg Power (Watts)
Excellent	≥ 101	≥ 21	≥ 41	≥ 4019
Very Good	92-100	13-20	34-40	3567-4018
Good	84-91	10 -12	28-33	2937-3566
Fair	76-83	7 - 9	18-27	2512-2936
Needs Improvement	≤ 75	≤ 6	≤ 17	≤ 2511
Age (yr) 60-69	Grip Strength (kg)	Push-Ups (#)	Vertical Jump (cm)	Leg Power (Watts)
Excellent	≥ 100	≥ 18	≥ 33	≥ 3764
Very Good	91-99	11-17	29-32	3291-3763
Good	84-90	8-10	25-28	2843-3290
Fair	73-83	5-7	18-24	2383-2842
Needs Improvement	≤ 72	≤ 4	≤ 17	≤ 2382