



Normative Data for PFP Assessment

Plank Assessment

Assessment results are measured in minutes		
Rating	Male	Female
Exceptional	6:30 +	6:00 +
Very Strong	240-390	240-360
Strong	120-240	120-240
Healthy	60-120	60-120
Acceptable	30-60	30-60
Weak	11-29	11-29
Very Weak	1-10	1-10
Alarmingly Weak	Can't hold position	

