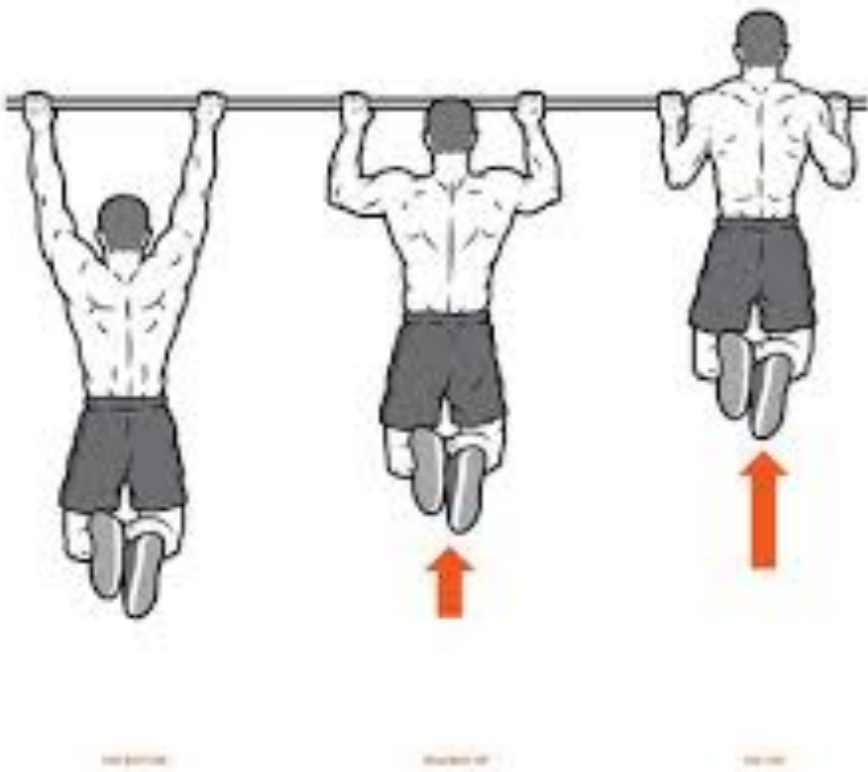


Can you do a full pull up?

Can you do a full pull-up? If you can, you are in rare company. Most young men cannot do even one pull-up, and it is even rarer to find a young woman who can. Generally speaking, pull-ups are a very functional exercise and a great way to assess your muscular fitness.



For men, being able to do more than five pull-ups is considered a good level of muscular ability, while other experts suggest that men should aim for at least eight pull-ups, with 13-17 reps indicating a fit and strong level. For women, performing more than one pull-up is considered good, and being able to do between 1-3 pull-ups is expected. Achieving 5-9 reps indicates a fit and strong level.



Military pull-up standards vary depending on the branch of service and the specific fitness requirements of the assigned duty. For example, enlistees in the United States Marine Corps must be able to perform at least three pull-ups. However, to score 50 percent, they must complete a total of 10 pull-ups.

Solving problems before they happen.