

Can you perform a standard push up?

Performing a standard push-up is a great way to gauge your upper body strength and muscular endurance. For men and women around the age of 40, the average number of push-ups is 27 and 16 respectively. These numbers decrease to 17 and 6 by the age of 60. Typically, men perform push-ups in a straight-leg position, while women use a bent-knee position.

Key points to ensure proper form while doing push-ups include:

- 1. Shoulder Blade Stability:** Your shoulder blades should stay close to your back, not wing out.
- 2. Core Engagement:** Your body should form a straight line from head to heels (or knees), avoiding any sagging or arching in the back.

If you struggle to meet these averages or maintain proper form, it might indicate below-average muscular endurance or issues with stabilizing muscles. The wellness team can help design a personalized program to address these issues and improve your strength and stability. **Do you have below average muscular endurance or stabilization issues? If you do the wellness team can help you design a program.**



Solving problems before they happen.