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## ACSM’s Health-Related Physical Fitness Assessment Manual, 5<sup>th</sup> edition

**UPDATE** – Page 85, Table 5.2: Fitness Categories for Upper Body Strength for Men and Women by Age updated from 2009 to 2013

**TABLE 5.2**

**Fitness Categories for Upper Body Strength<sup>a</sup> for Men and Women by Age**

Bench Press Weight Ratio =  $\frac{\text{weight pushed in lb}}{\text{body weight in lb}}$

**Men**

		Age (yr)					
%		<20	20–29	30–39	40–49	50–59	60+
99	Superior	>1.76	>1.63	>1.35	>1.20	>1.05	>0.94
95		1.76	1.63	1.35	1.20	1.05	0.94
90	Excellent	1.46	1.48	1.24	1.10	0.97	0.89
85		1.38	1.37	1.17	1.04	0.93	0.84
80		1.34	1.32	1.12	1.00	0.90	0.82

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**TABLE 5.2**

**Fitness Categories for Upper Body Strength<sup>a</sup> for Men and Women by Age (continued)**

		Men					
		Age (yr)					
%		<20	20–29	30–39	40–49	50–59	60+
75	Good	1.29	1.26	1.08	0.96	0.87	0.79
70		1.24	1.22	1.04	0.93	0.84	0.77
65		1.23	1.18	1.01	0.90	0.81	0.74
60		1.19	1.14	0.98	0.88	0.79	0.72
55	Fair	1.16	1.10	0.96	0.86	0.77	0.70
50		1.13	1.06	0.93	0.84	0.75	0.68
45		1.10	1.03	0.90	0.82	0.73	0.67
40		1.06	0.99	0.88	0.80	0.71	0.66
35	Poor	1.01	0.96	0.86	0.78	0.70	0.65
30		0.96	0.93	0.83	0.76	0.68	0.63
25		0.93	0.90	0.81	0.74	0.66	0.60
20		0.89	0.88	0.78	0.72	0.63	0.57
15	Very poor	0.86	0.84	0.75	0.69	0.60	0.56
10		0.81	0.80	0.71	0.65	0.57	0.53
5		0.76	0.72	0.65	0.59	0.53	0.49
1		<0.76	<0.72	<0.65	<0.59	<0.53	<0.49
<i>n</i>		60	425	1,909	2,090	1,279	343
Total <i>n</i> = 6,106							
		Women					
		Age (yr)					
%		<20	20–29	30–39	40–49	50–59	60+
99	Superior	>0.88	>1.01	>0.82	>0.77	>0.68	>0.72
95		0.88	1.01	0.82	0.77	0.68	0.72
90	Excellent	0.83	0.90	0.76	0.71	0.61	0.64
85		0.81	0.83	0.72	0.66	0.57	0.59
80		0.77	0.80	0.70	0.62	0.55	0.54
75	Good	0.76	0.77	0.65	0.60	0.53	0.53
70		0.74	0.74	0.63	0.57	0.52	0.51
65		0.70	0.72	0.62	0.55	0.50	0.48
60		0.65	0.70	0.60	0.54	0.48	0.47
55	Fair	0.64	0.68	0.58	0.53	0.47	0.46
50		0.63	0.65	0.57	0.52	0.46	0.45
45		0.60	0.63	0.55	0.51	0.45	0.44
40		0.58	0.59	0.53	0.50	0.44	0.43
35	Poor	0.57	0.58	0.52	0.48	0.43	0.41
30		0.56	0.56	0.51	0.47	0.42	0.40
25		0.55	0.53	0.49	0.45	0.41	0.39
20		0.53	0.51	0.47	0.43	0.39	0.38
15	Very poor	0.52	0.50	0.45	0.42	0.38	0.36
10		0.50	0.48	0.42	0.38	0.37	0.33
5		0.41	0.44	0.39	0.35	0.31	0.26
1		<0.41	<0.44	<0.39	<0.35	<0.31	<0.26
<i>n</i>		20	191	379	333	189	42
Total <i>n</i> = 1,154							

<sup>a</sup>One repetition maximum bench press, with bench press weight ratio = weight pushed in pounds per body weight in pounds.

Adapted with permission from *Physical Fitness Assessments and Norms for Adults and Law Enforcement*. Dallas, TX: The Cooper Institute; 2013. For more information: [www.cooperinstitute.org](http://www.cooperinstitute.org)

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