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ACSM’s Resources for the Personal Trainer, 5th edition

UPDATE – Page 346, Table 12.7: Fitness Categories for Body Composition (% Body Fat) for Men and Women by Age updated from 2009 to 2013

Table 12.7		Fitness Categories for Upper Body Strength ^a for Men and Women by Age					
Bench Press Weight Ratio = weight pushed in lb ÷ body weight in lb							
MEN							
		Age					
%		<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
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							

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Table 12.7 Fitness Categories for Upper Body Strength^a for Men and Women by Age (continued)

Bench Press Weight Ratio = weight pushed in lb ÷ body weight in lb

		WOMEN					
		Age					
%		<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							

^aOne repetition maximum (1-RM) bench press, with bench press weight ratio = weight pushed in pounds per body weight in pounds. 1-RM was measured using a Universal Dynamic Variable Resistance (DVR) machine. Adapted with permission from *Physical Fitness Assessments and Norms for Adults and Law Enforcement*. The Cooper Institute, Dallas, Texas, 2013. For more information: www.cooperinstitute.org