

PUSH UP / PULL UP HYBRID TEST (effective 1 January 2017)

This event gives Marines the option to do either push-ups or pull-ups. All Marines should be encouraged to do pull-ups as this is a better field test of dynamic upper body strength. Additionally, maximum points on the hybrid push-up/pull-up test can only be earned by doing pull-ups.

Prior to the hybrid pull-up/push-up test, Marines will indicate to the FFI or CPTR if they will attempt either push-ups or pull-ups. Marines must score at least the minimum points on the event selected to pass this test. If unable to meet at least the minimum points, this constitutes a failure of this event and of the PFT. Only push-ups or pull-ups will be conducted on this test. Pull-up and push-up scores cannot be combined for a total score on this event.

If the Marine was not able to achieve the minimum score on either the pull-ups or push-ups, the Marine will fail the event. A Marine may not go back and attempt the alternate event after the fact.

		Male Pull-ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max		20	23	23	23	21	20	19	18
Min		4	5	5	5	5	5	4	3
Min Pts		40	40	40	40	40	40	40	40
Reps		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
23			100	100	100				
22			97	97	97				
21			93	93	93	100			
20		100	90	90	90	96	100		
19		96	87	87	87	93	96	100	
18		93	83	83	83	89	92	96	100
17		89	80	80	80	85	88	92	96
16		85	77	77	77	81	84	88	92
15		81	73	73	73	78	80	84	88
14		78	70	70	70	74	76	80	84
13		74	67	67	67	70	72	76	80
12		70	63	63	63	66	68	72	76
11		66	60	60	60	63	64	68	72
10		63	57	57	57	59	60	64	68
9		59	53	53	53	55	56	60	64
8		55	50	50	50	51	52	56	60
7		51	47	47	47	48	48	52	56
6		48	43	43	43	44	44	48	52
5		44	40	40	40	40	40	44	48
4		40						40	44
3									40

		Female Pull-ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max		7	9	10	9	8	6	4	3
Min		1	1	1	1	1	1	1	1
Min Pts		60	60	60	60	60	60	60	60
Reps		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
10				100					
9			100	96	100				
8			95	91	95	100			
7		100	90	87	90	94			
6		93	85	82	85	89	100		
5		87	80	78	80	83	92		
4		80	75	73	75	77	84	100	
3		73	70	69	70	71	76	87	100
2		67	65	64	65	66	68	73	80
1		60	60	60	60	60	60	60	60

PUSH UPS / PULL UPS HYBRID TEST(continued)

		Male Push-ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max		82	87	84	80	76	72	68	64
Min		42	40	39	36	34	30	25	20
Min Pts		40	40	40	40	40	40	40	40
Max Pts		70	70	70	70	70	70	70	70
Reps		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
87			70						
86			69						
85			69						
84			68	70					
83			67	69					
82		70	67	69					
81		69	66	68					
80		69	66	67	70				
79		68	65	67	69				
78		67	64	66	69				
77		66	64	65	68				
76		66	63	65	67	70			
75		65	62	64	67	69			

		Female Push-ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max		42	48	50	46	43	41	40	38
Min		19	18	18	16	14	12	11	10
Min Pts		40	40	40	40	40	40	40	40
Max Pts		70	70	70	70	70	70	70	70
Reps		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
50				70					
49				69					
48			70	68					
47			69	67					
46			68	66	70				
45			67	65	69				
44			66	64	68				
43			65	63	67	70			
42		70	64	63	66	69			
41		69	63	62	65	68	70		
40		67	62	61	64	67	69	70	
39		66	61	60	63	66	68	69	
38		65	60	59	62	65	67	68	70

