

Sit-up Scoring Table for Servicemen.

Age Cat	<22	22-24	25-27	28-30	31-33	34-36	37-39	40-42	43-45	46-48	49-51	52-54	55-57	58-60
Age Group	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Repetitions	Total Score													
60	25													
59	24	25												
58	24	24	25											
57	24	24	24	25										
56	24	24	24	24	25									
55	23	24	24	24	24	25								
54	23	23	24	24	24	24	25							
53	23	23	23	24	24	24	24	25						
52	23	23	23	23	24	24	24	24						
51	22	23	23	23	23	24	24	24	25					
50	22	22	23	23	23	23	24	24	24					
49	22	22	22	23	23	23	23	24	24	25				
48	22	22	22	22	23	23	23	23	24	24	25			
47	21	22	22	22	22	23	23	23	24	24	24			
46	21	21	22	22	22	22	23	23	23	24	24	25		
45	21	21	21	22	22	22	22	23	23	24	24	24		
44	21	21	21	21	22	22	22	22	23	23	24	24	25	
43	20	21	21	21	21	22	22	22	23	23	23	24	24	
42	20	20	21	21	21	21	22	22	22	23	23	23	24	25
41	20	20	20	21	21	21	21	22	22	23	23	23	24	24
40	20	20	20	20	21	21	21	21	22	22	23	23	24	24
39	19	20	20	20	20	21	21	21	22	22	22	23	23	24
38	19	19	20	20	20	20	21	21	21	22	22	23	23	23
37	18	19	19	20	20	20	20	21	21	22	22	22	23	23
36	18	18	19	19	20	20	20	20	21	21	22	22	22	23
35	17	18	18	19	19	20	20	20	21	21	21	22	22	22
34	16	17	18	18	19	19	20	20	20	21	21	21	22	22
33	15	16	17	18	18	19	19	20	20	20	21	21	21	22
32	14	15	16	17	18	18	19	19	20	20	20	21	21	21
31	14	14	15	16	17	18	18	19	19	20	20	20	21	21
30	13	14	14	15	16	17	18	18	19	19	20	20	20	21
29	13	13	14	14	15	16	17	18	18	19	19	20	20	20
28	12	13	13	14	14	15	16	17	18	18	19	19	20	20
27	11	12	13	13	14	14	15	16	17	18	18	19	19	20
26	10	11	12	13	13	14	14	15	16	17	18	18	19	19
25	9	10	11	12	13	13	14	14	15	16	17	18	18	19
24	8	9	10	11	12	13	13	14	14	15	16	17	18	18
23	7	8	9	10	11	12	13	13	14	14	15	16	17	18
22	7	7	8	9	10	11	12	13	13	14	14	15	16	17
21	6	7	7	8	9	10	11	12	13	13	14	14	15	16
20	6	6	7	7	8	9	10	11	12	13	13	14	14	15
19	5	6	6	7	7	8	9	10	11	12	13	13	14	14
18	4	5	6	6	7	7	8	9	10	11	12	13	13	14
17	3	4	5	6	6	7	7	8	9	10	11	12	13	13
16	2	3	4	5	6	6	7	7	8	9	10	11	12	13
15	1	2	3	4	5	6	6	7	7	8	9	10	11	12
14	0	1	2	3	4	5	6	6	7	7	8	9	10	11
13	0	0	1	2	3	4	5	6	6	7	7	8	9	10
12	0	0	0	1	2	3	4	5	6	6	7	7	8	9
11	0	0	0	0	1	2	3	4	5	6	6	7	7	8
10	0	0	0	0	0	1	2	3	4	5	6	6	7	7
9	0	0	0	0	0	0	1	2	3	4	5	6	6	7
8	0	0	0	0	0	0	0	1	2	3	4	5	6	6
7	0	0	0	0	0	0	0	0	1	2	3	4	5	6
6	0	0	0	0	0	0	0	0	0	1	2	3	4	5
5	0	0	0	0	0	0	0	0	0	0	1	2	3	4
4	0	0	0	0	0	0	0	0	0	0	0	1	2	3
3	0	0	0	0	0	0	0	0	0	0	0	0	1	2
2	0	0	0	0	0	0	0	0	0	0	0	0	0	1
1	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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