

BPFA Conversion Tables: Press-ups

Table 1: BPFA conversion table, press-ups, under 30-39 age groups

Age Group	Under 30		30-34		35-39	
Points	Male	Female	Male	Female	Male	Female
100	72	46	70	41	68	37
99	71	45	69	40	67	36
98	70	44	68	-	66	35
97	69	43	67	39	65	-
96	68	-	66	38	64	34
95	-	42	65	37	63	33
94	67	41	64	-	62	-
93	66	40	63	36	61	32
92	65	39	62	35	60	31
91	64	-	61	34	59	-
90	63	38	60	-	58	30
89	62	37	59	33	57	29
88	61	36	58	32	56	-
87	60	35	-	31	-	28
86	59	34	57	-	55	27
85	58	-	56	30	54	-
84	57	33	55	29	53	26
83	56	32	54	28	52	25
82	55	31	53	-	51	-
81	54	30	52	27	50	24
80	53	-	51	26	49	23
79	52	29	50	25	48	-
78	51	28	49	--	47	22
77	50	27	48	24	46	21
76	-	26	47	23	45	-
75	49	25	46	22	44	20
74	48	-	45	-	43	19
73	47	24	44	21	42	18
72	46	23	43	20	41	-
71	45	22	42	-	40	17
70	44	21	41	19	39	16
69	43	-	40	18	38	-
68	42	20	39	17	37	15
67	41	19	38	16	36	14
66	40	18	37	-	35	-
65	39	17	36	15	34	13
64	38	16	35	14	33	12
63	37	-	34	13	32	-
62	36	15	33	-	31	11
61	35	14	32	12	30	10
60	34	13	31	11	29	-
59	33	12	30	10	28	9
58	32	-	29	-	27	8
57	31	11	28	9	26	-
56	-	10	27	8	25	7
55	30	9	26	7	24	6
54	29	8	25	-	23	-
53	28	7	24	6	22	5
52	27	-	23	5	-	-
51	26	6	-	-	21	-
50	25	5	22	-	20	-

Table 2: BPFA conversion table, press-ups, 40-54 age groups

Age Group	40-44		45-49		50-54	
Points	Male	Female	Male	Female	Male	Female
100	62	33	55	31	51	28
99	61	-	54	30	-	-
98	60	-	53	-	50	27
97	59	32	52	29	49	-
96	58	31	51	-	48	26
95	57	-	-	28	47	25
94	56	30	50	27	46	-
93	55	29	49	-	45	24
92	54	-	48	26	44	-
91	53	28	47	-	43	23
90	-	-	46	25	-	-
89	52	27	-	24	42	22
88	51	26	45	-	41	-
87	50	-	44	23	40	21
86	49	25	43	-	39	20
85	48	24	42	22	38	-
84	47	-	41	21	37	19
83	46	23	40	-	36	-
82	45	-	-	20	35	18
81	44	22	39	-	-	-
80	-	21	38	19	34	17
79	43	-	37	18	33	-
78	42	20	36	-	32	16
77	41	19	35	17	31	-
76	40	-	-	-	30	15
75	39	18	34	16	29	14
74	38	-	33	15	28	-
73	37	17	32	-	27	13
72	36	16	31	14	26	-
71	-	-	30	-	-	12
70	35	15	29	13	25	11
69	34	14	-	12	24	-
68	33	-	28	-	23	10
67	32	13	27	11	22	-
66	31	-	26	10	21	9
65	30	12	25	-	20	-
64	29	11	24	9	19	8
63	28	-	-	-	18	-
62	27	10	23	8	-	7
61	-	9	22	7	17	-
60	26	-	21	-	16	6
59	25	8	20	6	15	-
58	24	-	19	-	14	5
57	23	7	-	5	13	-
56	22	6	18	-	12	-
55	21	-	17	-	11	-
54	20	5	16	-	10	-
53	19	-	15	-	9	-
52	18	-	14	-	-	-
51	-	-	13	-	8	-
50	17	-	-	-	7	-