

TARGET NUMBER OF PUSH-UPS FOR THE PROLETARIAT  
[Top Secret]

The average number of push-ups to aim for in a single set by age group was recently disclosed by 'The Russian Federation'.

HERE ARE THE GUIDELINES FOR MEN:

25 years old – 140 push-ups  
35 years old – 80 push-ups  
45 years old – 60 push-ups  
55 years old – 50 push-ups  
65 years old – 30 push-ups

ALSO, HERE ARE THE GUIDELINES FOR WOMEN:

25 years old – 80 push-ups  
35 years old – 50 push-ups  
45 years old – 30 push-ups  
55 years old – 15 push-ups  
65 years old – 10 push-ups

At which age group do you perform? According to Russian fitness experts, your degree of fitness and general health will determine how many push-ups you can perform in a succession. You can set higher goals if you've been in the military recently and are more physically fit...