男子单杠卷身上（37周岁以下）/单杠吊卷腿（37周岁以上）评分标准（次/2分钟）

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|  | 入职 | 20-24岁 | 25-27岁 | 28-30岁 | 31-33岁 | 34-36岁 | 37-39岁 | 40-42岁 | 43-45岁 | 46-48岁 | 49-51岁 | 52-55岁 |
| 100分 | 14 | 15 | 16 | 15 | 14 | 13 | 16 | 15 | 14 | 13 | 12 | 11 |
| 95分 | 12 | 13 | 14 | 13 | 12 | 11 | 15 | 14 | 13 | 12 | 11 | 10 |
| 90分 | 10 | 11 | 12 | 11 | 10 | 9 | 14 | 13 | 12 | 11 | 10 | 9 |
| 85分 | 9 | 10 | 11 | 10 | 9 | 8 | 13 | 12 | 11 | 10 | 9 | 8 |
| 80分 | 8 | 9 | 10 | 9 | 8 | 7 | 12 | 11 | 10 | 9 | 8 | 7 |
| 75分 | 7 | 8 | 9 | 8 | 7 | 6 | 11 | 10 | 9 | 8 | 7 | 6 |
| 70分 | 6 | 7 | 8 | 7 | 6 | 5 | 10 | 9 | 8 | 7 | 6 | 5 |
| 65分 | 5 | 6 | 7 | 6 | 5 | 4 | 9 | 8 | 7 | 6 | 5 | 4 |
| 60分 | 4 | 5 | 6 | 5 | 4 | 3 | 8 | 7 | 6 | 5 | 4 | 3 |
| 55分 | 3 | 4 | 5 | 4 | 3 | 2 | 7 | 6 | 5 | 4 | 3 | 2 |
| 50分 | 2 | 3 | 4 | 3 | 2 | 1 | 6 | 5 | 4 | 3 | 2 | 1 |
| 40分 | 1 | 2 | 3 | 2 | 1 | / | 5 | 4 | 3 | 2 | 1 |  |
| 备注 | 未达到40分以上标准的，成绩按0分记。 | | | | | | | | | | | |