

**Dynamic Strength (One Minute Sit Ups) Males**

%

<b>-20</b>	<b>20 - 29</b>	<b>30 - 39</b>	<b>40 - 49</b>	<b>50 - 59</b>	<b>60+</b>	
62+	55+	51+	47+	43+	39+	99
62	55	51	47	43	39	95
55	52	48	43	39	35	90
53	49	45	40	36	31	85
51	47	43	39	35	30	80
50	46	42	37	33	28	75
48	45	41	36	31	26	70
48	44	40	35	30	24	65
47	42	39	34	28	22	60
46	41	37	32	27	21	55
45	40	36	31	26	20	50
42	39	36	30	25	19	45
41	38	35	29	24	19	40
39	37	33	28	22	18	35
38	35	32	27	21	17	30
37	35	31	26	20	16	25
36	33	30	24	19	15	20
34	32	28	22	17	13	15
33	30	26	22	15	10	10
27	27	23	17	12	7	5
-27	-27	-23	-17	-12	-7	1

**Dynamic Strength (One Minute Sit Ups) Females**

%

<b>-20</b>	<b>20 - 29</b>	<b>30 - 39</b>	<b>40 - 49</b>	<b>50 - 59</b>	<b>60+</b>	
55+	51+	42+	38+	30+	28+	99
55	51	42	38	30	28	95
54	49	40	34	29	26	90
49	45	38	32	25	20	85
46	44	35	29	24	17	80
40	42	33	28	22	15	75
38	41	32	27	22	12	70
37	39	30	25	21	12	65
36	38	29	24	20	11	60
35	37	28	23	19	10	55
34	35	27	22	17	8	50
34	34	26	21	16	8	45
32	32	25	20	14	6	40
30	31	24	19	12	5	35
29	30	22	17	12	4	30
29	28	21	16	11	4	25
28	24	20	14	10	3	20
27	23	18	13	7	2	15
25	21	15	10	6	1	10
25	18	11	7	5	0	5
-25	-18	-11	-7	-5	0	1

**\*300 Meter Run (Measured in Seconds) Males**

%

<b>20 - 29</b>	<b>30 - 39</b>	<b>40 - 49</b>	<b>50 - 59</b>	<b>**59+</b>	
42.6	42	47	52		99
46	46.1	52	58		95
48	49	55	61		90
49	50	56	63		85
50.3	51	57	66.4		80
51	52	60	68		75
52	53	61	70		70
53.5	54	62	72		65
54	55	64	74		60
55	56	66	77.4		55
56	57	67.6	80		50
57.5	58	70	82.6		45
59	58.9	72	83.2		40
60	61	74.8	85		35
62.1	63	77	87		30
64	65	81	89		25
66	68	83	95		20
69	70	86	99		15
73.4	74.9	90	101.6		10
81.3	80.9	104	112		5
95.1	113.9	143	184		1

**\*300 Meter Run (Measured in Seconds) Females**

%

20 - 29	30 - 39	40 - 49	**50 - 59	**59+	
54	55	65			99
54.3	56.5	65			95
56	60	66			90
58	63.5	68.2			85
58.3	66	72			80
59.7	66.5	72			75
60	68	75.3			70
61	69.9	78.7			65
61	71	79			60
62.7	72	80.5			55
64	74	86			50
68.5	75.5	91.7			45
71	79	94			40
74.5	80.5	101.8			35
75	82	106.7			30
76	85.5	109.3			25
78	86	110			20
88	93.5	116			15
97	100	121.5			10
106.7	114	125			5
120	210	125			1

**Dynamic Strength (One Minute Push Ups) Male**

**%**

<b>20 - 29</b>	<b>30 - 39</b>	<b>40 - 49</b>	<b>50 - 59</b>	<b>60+</b>	
100	86	64	51	39	99
62	52	40	39	28	95
57	46	36	30	26	90
51	41	34	28	24	85
47	39	30	25	23	80
44	36	29	24	22	75
41	34	26	21	21	70
39	31	25	20	20	65
37	30	24	19	18	60
35	29	22	17	16	55
33	27	21	15	15	50
31	25	19	14	12	45
29	24	18	13	10	40
27	21	16	11	9	35
26	20	15	10	8	30
24	19	13	9.5	7	25
22	17	11	9	6	20
19	15	10	7	5	15
18	13	9	6	4	10
13	9	5	3	2	5

**Dynamic Strength (One Minute Push Ups) Female**

%

<b>*20 - 29</b>	<b>*30 - 39</b>	<b>*40 - 49</b>	<b>**50 - 59</b>	<b>**60+</b>	
53	48	23			99
42	39.5	20			95
37	33	18			90
33	26	17			85
28	23	15			80
27	19	15			75
24	18	14			70
23	16	13			65
21	15	13			60
19	14	11			55
18	14	11			50
17	13	10			45
15	11	9			40
14	10	8			35
13	9	7			30
11	9	7			25
10	8	6			20
9	6.5	5			15
8	6	4			10
6	4	1			5
3	1	0			1

**Cardiorespiratory Fitness Test (1.5 Mile Run) Male**

**%**

<b>20 - 29</b>	<b>30 - 39</b>	<b>40 - 49</b>	<b>50 - 59</b>	<b>60 - 69</b>	<b>70 - 79</b>	
8:22	8:49	9:02	9:31	10:09	10:27	99
9:10	9:31	9:47	10:27	11:20	12:25	95
9:34	9:52	10:09	11:09	12:10	13:25	90
9:52	10:14	10:44	11:45	12:53	13:57	85
10:08	10:38	11:09	12:08	13:25	14:52	80
10:34	10:59	11:32	12:37	13:58	15:38	75
10:49	11:09	11:52	12:53	14:33	16:22	70
11:09	11:34	11:58	13:25	14:55	16:46	65
11:27	11:49	12:25	13:53	15:20	17:37	60
11:34	11:58	12:53	13:58	15:53	18:05	55
11:58	12:25	13:05	14:33	16:19	18:39	50
12:11	12:44	13:25	14:35	16:46	19:19	45
12:29	12:53	13:50	15:14	17:19	19:43	40
12:53	13:25	14:10	15:53	17:49	20:28	35
13:08	13:48	14:33	16:16	18:39	21:28	30
13:25	14:10	15:00	16:46	19:10	22:22	25
13:58	14:33	15:32	17:30	20:13	23:55	20
14:33	15:14	16:09	18:22	21:34	25:49:00	15
15:14	15:56	17:04	19:24	23:27	27:55:00	10
16:46	17:30	18:39	21:40	25:58:00	30:34:00	5
20:55	20:55	22:22	27:08:00	31:59:00	33:30:00	1

**Cardiorespiratory Fitness Test (1.5 Mile Run) Female** %

<b>20 - 29</b>	<b>30 - 39</b>	<b>40 - 49</b>	<b>50 - 59</b>	<b>60 - 69</b>	<b>70 - 79</b>	<b>%</b>
9:23	9:52	10:09	11:34	12:25	12:25	99
10:20	11:08	11:35	13:16	14:28	14:33	95
10:59	11:43	12:25	13:58	15:32	16:06	90
11:34	12:23	13:14	14:33	16:22	16:57	85
11:56	12:53	13:38	15:14	16:46	18:05	80
12:07	13:08	13:58	15:47	17:34	18:39	75
12:51	13:41	14:33	16:26	18:05	19:24	70
13:01	13:58	15:03	16:46	18:39	20:02	65
13:25	14:33	15:17	17:19	18:52	20:54	60
13:58	14:33	15:56	17:38	19:29	21:45	55
14:15	15:14	16:13	18:05	20:08	22:22	50
14:33	15:35	16:46	18:39	20:38	22:54	45
15:05	15:56	17:11	19:10	20:55	23:47	40
15:32	16:43	17:38	19:43	22:03	24:54:00	35
15:56	16:46	18:26	20:17	22:34	25:49:00	30
16:43	17:38	18:39	20:55	23:20	26:15:00	25
17:11	18:18	19:43	21:57	23:55	27:17:00	20
17:53	19:01	20:49	22:53	25:02:00	27:55:00	15
18:39	20:13	21:52	23:55	26:32:00	30:34:00	10
21:05	21:57	23:27	26:15:00	29:06:00	33:32:00	5
25:17:00	25:10:00	27:55:00	30:34:00	33:05:00	37:26:00	1