

# 1-MINUTE SIT-UP

| Rating | MEN<br>Age |       |       | WOMEN<br>Age |       |       |
|--------|------------|-------|-------|--------------|-------|-------|
|        | 20-29      | 30-39 | 40-49 | 20-29        | 30-39 | 40-49 |
| 5      | >55        | >51   | >47   | >51          | >42   | >38   |
| 5      | 55         | 51    | 47    | 51           | 42    | 38    |
| 5      | 52         | 48    | 43    | 49           | 40    | 34    |
| 5      | 49         | 45    | 40    | 45           | 38    | 32    |
| 5      | 47         | 43    | 39    | 44           | 35    | 29    |
| 4      | 46         | 42    | 37    | 42           | 33    | 28    |
| 4      | 45         | 41    | 36    | 41           | 32    | 27    |
| 4      | 44         | 40    | 35    | 39           | 30    | 25    |
| 4      | 42         | 39    | 34    | 38           | 29    | 24    |
| 3      | 41         | 37    | 32    | 37           | 28    | 23    |
| 3      | 40         | 36    | 31    | 25           | 27    | 22    |
| 3      | 39         | 36    | 30    | 34           | 26    | 21    |
| 3      | 38         | 35    | 29    | 32           | 25    | 20    |
| 2      | 37         | 33    | 28    | 31           | 24    | 19    |
| 2      | 35         | 32    | 27    | 30           | 22    | 17    |
| 2      | 35         | 31    | 26    | 28           | 21    | 16    |
| 2      | 33         | 30    | 24    | 24           | 20    | 14    |
| 1      | 32         | 28    | 22    | 23           | 18    | 13    |
| 1      | 30         | 26    | 22    | 21           | 15    | 10    |
| 1      | 27         | 23    | 17    | 18           | 11    | 7     |
| 1      | <27        | <23   | <17   | <18          | <11   | <7    |

# 1-MINUTE PUSH-UP

|        | MEN<br>Age |       |       | WOMEN- MODIFIED<br>Age |       |       | WOMEN-FULL<br>Age |       |       |
|--------|------------|-------|-------|------------------------|-------|-------|-------------------|-------|-------|
| Rating | 20-29      | 30-39 | 40-49 | 20-29                  | 30-39 | 40-49 | 20-29             | 30-39 | 40-49 |
| 5      | 100        | 86    | 64    | 70                     | 56    | 60    | 53                | 48    | 23    |
| 5      | 62         | 52    | 40    | 45                     | 39    | 33    | 42                | 39    | 20    |
| 5      | 57         | 46    | 36    | 42                     | 36    | 28    | 37                | 33    | 18    |
| 5      | 51         | 41    | 34    | 39                     | 33    | 26    | 33                | 26    | 17    |
| 5      | 47         | 39    | 30    | 36                     | 31    | 24    | 28                | 23    | 15    |
| 4      | 44         | 36    | 29    | 34                     | 29    | 21    | 27                | 19    | 15    |
| 4      | 41         | 34    | 26    | 32                     | 28    | 20    | 24                | 18    | 14    |
| 4      | 39         | 31    | 25    | 31                     | 26    | 19    | 23                | 16    | 13    |
| 4      | 37         | 30    | 24    | 30                     | 24    | 18    | 21                | 15    | 13    |
| 3      | 35         | 29    | 22    | 29                     | 23    | 17    | 19                | 14    | 11    |
| 3      | 33         | 27    | 21    | 26                     | 21    | 15    | 18                | 14    | 11    |
| 3      | 31         | 25    | 19    | 25                     | 20    | 14    | 17                | 13    | 10    |
| 3      | 29         | 24    | 18    | 23                     | 19    | 13    | 15                | 11    | 9     |
| 2      | 27         | 21    | 16    | 22                     | 17    | 11    | 14                | 10    | 8     |
| 2      | 26         | 20    | 15    | 20                     | 15    | 10    | 13                | 9     | 7     |
| 2      | 24         | 19    | 13    | 19                     | 14    | 9     | 11                | 9     | 7     |
| 2      | 22         | 17    | 11    | 17                     | 11    | 6     | 10                | 8     | 6     |
| 1      | 19         | 15    | 10    | 15                     | 9     | 4     | 9                 | 6     | 5     |
| 1      | 18         | 13    | 9     | 12                     | 8     | 2     | 8                 | 6     | 4     |
| 1      | 13         | 9     | 5     | 9                      | 4     | 1     | <6                | <4    | <1    |

## 1.5-MILE RUN

| Rating | MEN   |       |       | WOMEN |       |       |
|--------|-------|-------|-------|-------|-------|-------|
|        | Age   |       |       | Age   |       |       |
|        | 20-29 | 30-39 | 40-49 | 20-29 | 30-39 | 40-49 |
| 5      | 13:35 | 13:49 | 14:10 | 14:29 | 14:51 | 15:09 |
| 5      | 14:18 | 14:34 | 14:51 | 15:28 | 16:00 | 16:32 |
| 5      | 14:40 | 15:02 | 15:28 | 16:11 | 16:33 | 16:58 |
| 5      | 15:00 | 15:24 | 15:48 | 16:33 | 16:58 | 17:51 |
| 5      | 15:09 | 15:47 | 16:16 | 16:58 | 17:25 | 18:22 |
| 4      | 15:45 | 16:06 | 16:41 | 17:25 | 17:53 | 18:32 |
| 4      | 15:59 | 16:22 | 16:58 | 17:53 | 18:23 | 18:58 |
| 4      | 16:10 | 16:33 | 17:11 | 17:53 | 18:47 | 19:32 |
| 4      | 16:31 | 16:56 | 17:25 | 18:24 | 19:04 | 19:44 |
| 3      | 16:45 | 16:58 | 17:53 | 18:49 | 19:23 | 20:13 |
| 3      | 16:58 | 17:25 | 18:11 | 19:07 | 19:34 | 20:24 |
| 3      | 17:23 | 17:50 | 18:24 | 19:34 | 20:14 | 20:57 |
| 3      | 17:38 | 18:04 | 18:49 | 19:50 | 20:38 | 21:21 |
| 2      | 17:53 | 18:24 | 19:07 | 20:14 | 20:58 | 21:46 |
| 2      | 18:16 | 18:46 | 19:34 | 20:52 | 21:38 | 22:22 |
| 2      | 18:40 | 19:09 | 19:53 | 21:26 | 21:46 | 22:58 |
| 2      | 19:06 | 19:34 | 20:22 | 21:46 | 22:38 | 23:38 |
| 1      | 19:34 | 20:13 | 20:58 | 22:49 | 23:37 | 24:32 |
| 1      | 20:35 | 20:58 | 21:46 | 23:37 | 24:43 | 25:47 |
| 1      | 22:22 | 22:29 | 23:37 | 25:31 | 26:31 | 37:22 |
| 1      | 26:25 | 25:58 | 27:20 | 28:58 | 29:57 | 30:49 |