



## Body Fat Standards

### Men -standards

Age	18-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	56+
BF%	21.3+	22.3+	23.4+	24.5+	26.5+	27.6+	28.7+	30.6+	31.8+

### Women-Standards

Age	18-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	56+
BF%	30.2+	30.8+	32.5+	33.2+	33.8+	35.4+	36+	36.6+	38.1+

## T1: Pull Up Test:

### Men-Standards

I./S./B.-pull up	3 rep
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### Women -Standards

I./S./B.-pull up	G.T.-pull up
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## **T2: 2-Mile Run Test:**

### **Men-Standards**

<b>Age</b>	<b>13-26</b>	<b>27-36</b>	<b>37-46</b>	<b>47-55</b>	<b>56+</b>
<b>Time</b>	<b>15:55+</b>	<b>17:01+</b>	<b>18:13+</b>	<b>19:25+</b>	<b>19:49+</b>

### **Women-Standards**

<b>Age</b>	<b>13-26</b>	<b>27-36</b>	<b>37-46</b>	<b>47-55</b>	<b>56+</b>
<b>Time</b>	<b>18:54+</b>	<b>20:31+</b>	<b>22:49+</b>	<b>23:29+</b>	<b>24:25+</b>

## **T3: 1-Minute Push Up Test:**

### **Men-Standards**

<b>Age</b>	<b>13-26</b>	<b>27-36</b>	<b>37-46</b>	<b>47-55</b>	<b>56+</b>
<b>Reps</b>	<b>&lt;39</b>	<b>&lt;38</b>	<b>&lt;35</b>	<b>&lt;24</b>	<b>&lt;17</b>

### **Women-Standards**

<b>Age</b>	<b>13-26</b>	<b>27-36</b>	<b>37-46</b>	<b>47-55</b>	<b>56+</b>
<b>Reps</b>	<b>&lt;19</b>	<b>&lt;17</b>	<b>&lt;14</b>	<b>&lt;11</b>	<b>&lt;8</b>

## **T4: 2000-Meter Row Test:**

### **Men-Standards**

<b>Age</b>	<b>13-36</b>	<b>36-56+</b>
<b>Time</b>	<b>8:51+</b>	<b>9:11+</b>

### **Women-Standards**

<b>Age</b>	<b>13-36</b>	<b>36-56+</b>
<b>Time</b>	<b>9:01+</b>	<b>9:31+</b>

## **T5: 1-Minute Sit Up Test:**

### **Men & Women- Standards**

<b>Age</b>	<b>13-26</b>	<b>27-36</b>	<b>37-46</b>	<b>47-55</b>	<b>56+</b>
<b>Reps</b>	<b>&lt;29</b>	<b>&lt;24</b>	<b>&lt;28</b>	<b>&lt;20</b>	<b>&lt;16</b>

## **T6: 5-Minute Burpee Test:**

**Men-Standards**

<b>Age</b>	<b>13-26</b>	<b>27-36</b>	<b>37-46</b>	<b>47-55</b>	<b>56+</b>
<b>Reps</b>	<b>&lt;55</b>	<b>&lt;58</b>	<b>&lt;55</b>	<b>&lt;53</b>	<b>&lt;48</b>

**Women-Standards**

<b>Age</b>	<b>13-26</b>	<b>27-36</b>	<b>37-46</b>	<b>47-55</b>	<b>56+</b>
<b>Reps</b>	<b>&lt;45</b>	<b>&lt;50</b>	<b>&lt;45</b>	<b>&lt;40</b>	<b>&lt;38</b>