



Body Fat Standards:

Men -standards

Age	18-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	56+
BF%	8.5- 12.5	9.5- 13.6	10.6- 14.6	11.7- 17.5	14.8- 18.6	15.9- 21.3	16.9- 22.4	18- 23.4	21- 24.5

Women-Standards

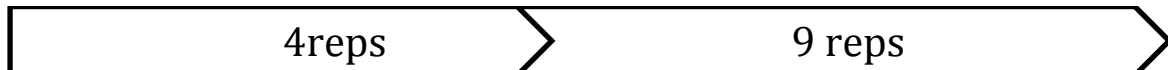
Age	18-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	56+
BF%	19.7- 23.2	20.3- 23.8	20.9- 24.5	21.5- 25.1	24- 27.3	24.6- 27.9	25.2- 28.6	27.6- 29.2	28.2- 31.3

T1: Pull Up Test:

Men-Standards



Women -Standards



T2: 2-Mile Run Test:

Men-Standards

Age	13-26	27-36	37-46	47-55	56+
Time	13:00- 15:08	13:18- 15:48	13:36- 15:54	14:24- 16:48	14:42- 17:12

Women-Standards

Age	13-26	27-36	37-46	47-55	56+
Time	15:36- 17:12	15:48- 18:06	17:00- 19:54	17:30- 20:30	19:00- 21:42

T3: 1-Minute Push Up Test:

Men-Standards

Age	13-26	27-36	37-46	47-55	56+
Reps	61-75	57-77	55-75	43-59	39-50

Women-Standards

Age	13-26	27-36	37-46	47-55	56+
Reps	32-42	35-46	28-49	23-33	19-28

T4: 2000-Meter Row Test:

Men-Standards

Age	13-36	36-56+
Time	6:30-7:39	6:50-7:59

Women-Standards

Age	13-36	36-56+
Time	6:40-7:50	7:10-8:20

T5: 1-Minute Sit Up Test:

Men & Women- Standards

Age	13-26	27-36	37-46	47-55	56+
Reps	46-60	45-58	48-63	39-56	26-40

T6: 5-minute Burpee Test:

Men-Standards

Age	13-26	27-36	37-46	47-55	56+
Reps	71-83	73-88	63-80	69-76	61-72

Women-Standards

Age	13-26	27-36	37-46	47-55	56+
Reps	60-76	66-80	61-73	56-70	51-66