



Body Fat Standards:

Men -standards

Age	18-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	56+
BF%	2-6.2	2.5- 7.3	3.5- 8.4	4.5- 9.4	5.6- 12.7	6.7- 13.8	7.7- 14.8	8.8- 15.9	9.9- 19.1

Women-Standards

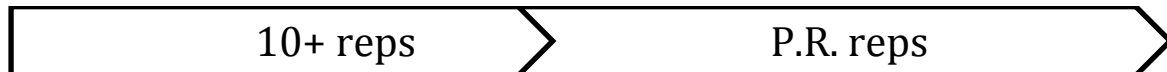
Age	18-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	56+
BF%	11.3- 17.7	11.9- 18.4	12.5- 19	13.2- 19.6	13.8- 22.2	14.4- 22.8	15- 23.4	15.6- 25.9	16.3- 26.5

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	<12:59	<13:17	<13:35	<14:23	<14:41

Women-Standards

Age	13-26	27-36	37-46	47-55	56+
Time	<15:35	<15:47	<16:59	<17:29	<18:59

T3: 1-Minute Push Up Test:

Men-Standards

Age	13-26	27-36	37-46	47-55	56+
Reps	76+	78+	76+	60+	51+

Women-Standards

Age	13-26	27-36	37-46	47-55	56+
Reps	43+	47+	50+	34+	29+

T4: 2000-Meter Row Test:

Men-Standards

Age	13-36	36-56+
Time	<6:29	<6:49

Women-Standards

Age	13-36	36-56+
Time	<6:49	<7:09

T5: 1-Minute Sit Up Test:

Men & Women- Standards

Age	13-26	27-36	37-46	47-55	56+
Reps	61+	59+	64+	57+	41+

T6: 5-minute Burpee Test:

Men-Standards

Age	13-26	27-36	37-46	47-55	56+
Reps	84+	89+	81+	77+	73+

Women-Standards

Age	13-26	27-36	37-46	47-55	56+
Reps	77+	81+	74+	71+	67+