



## Body Fat Standards:

### Men -standards

Age	18-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	56+
BF%	14.3- 20.2	15.4- 21.2	16.4- 22.3	19.2- 23.4	20.2- 25.6	22.8- 26.6	23.9- 27.7	25- 29.7	26- 30.8

### Women-Standards

Age	18-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	56+
BF%	24.8- 29	25.5- 29.6	26.1- 31.5	26.7- 32.1	28.8- 32.7	29.4- 34.4	30.1- 35	30.7- 35.6	32.7- 37.2

## T1: Pull Up Test:

### Men-Standards



### Women -Standards



## **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>15:09- 15:54</b>	<b>15:47- 17:00</b>	<b>15:55- 18:12</b>	<b>16:49- 19:24</b>	<b>17:13- 19:48</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>Time</b>	<b>17:12- 18:54</b>	<b>18:06- 20:30</b>	<b>19:54- 22:48</b>	<b>20:30- 23:48</b>	<b>21:42- 24:24</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>40-60</b>	<b>39-56</b>	<b>36-54</b>	<b>25-42</b>	<b>18-38</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>20-31</b>	<b>18-34</b>	<b>15-27</b>	<b>12-22</b>	<b>9-18</b>

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

### **Men-Standards**

<b>Age</b>	<b>13-36</b>	<b>36-56+</b>
<b>Time</b>	<b>7:40-8:50</b>	<b>8:00-9:10</b>

### **Women-Standards**

<b>Age</b>	<b>13-36</b>	<b>36-56+</b>
<b>Time</b>	<b>7:51-9:00</b>	<b>8:21-9:30</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>30-45</b>	<b>25-44</b>	<b>29-47</b>	<b>21-38</b>	<b>16-25</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>56-70</b>	<b>59-72</b>	<b>56-62</b>	<b>54-68</b>	<b>49-60</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>46-59</b>	<b>51-65</b>	<b>46-60</b>	<b>41-55</b>	<b>39-50</b>