



<b>Males - Standards at the 45th %ile</b>				
<b>Age</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>
<b>300 Yard Shuttle Run</b>	1 min. 30 sec.	1 min. 30 sec.	1 min. 30 sec.	1 min. 30 sec.
<b>Sit-up</b>	39	36	30	25
<b>Push-up</b>	31	25	19	14
<b>Sit &amp; Reach</b>	17"	16"	15"	14"
<b>1.5 Mile Run</b>	12:20	13:22	14:08	15:08
<b>% Body Fat</b>	19.8	22.7	24.8	26.4

<b>Females - Standards at the 45th %ile</b>				
<b>Age</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>
<b>300 Yard Shuttle Run</b>	1min.45 sec.	1min.45 sec.	1min.45 sec.	1min.45 sec.
<b>Sit-up</b>	31	26	21	16
<b>Push-up</b>	25	20	14	13
<b>Sit &amp; Reach</b>	19.5"	18.5"	18.0"	17"
<b>1.5 Mile Run</b>	15:10	15:47	16:34	17:29
<b>% Body Fat</b>	26.7	28	31.3	34.8

**NOTE:** Sit-ups and push-ups for your age and gender indicate the # you must complete in 1 minute. 300 Yard Shuttle Run is a change of direction running test of 25 yards performed 12 times in succession in minutes and seconds for your gender. 1.5 Mile run indicates minutes and seconds for your age and gender.