

<b>PUSH-UPS IN ONE MINUTE (MALES)</b>					
AGE					
20-29	30-39	40-49	50-59	60+	PERCENTILE
100	86	64	51	39	99%
62	52	40	39	28	95%
57	46	36	30	26	90%
51	41	34	28	24	85%
47	39	30	25	23	80%
44	36	29	24	22	75%
41	34	26	21	21	70%
39	31	25	20	20	65%
37	30	24	19	18	60%
35	29	22	17	16	55%
33	27	21	15	15	50%
31	25	19	14	12	45%
29	24	18	13	10	40%
27	21	16	11	9	35%
26	20	15	10	8	30%
24	19	13	9.5	7	25%
22	17	11	9	6	20%
19	15	10	7	5	15%
18	13	9	6	4	10%
13	9	5	3	2	5%

<b>SIT-UPS IN ONE MINUTE (MALES)</b>					
AGE					
20-29	30-39	40-49	50-59	60+	PERCENTILE
>55	>51	>47	>43	>39	99%
55	51	47	43	39	95%
52	48	43	39	35	90%
49	45	40	36	31	85%
47	43	39	35	30	80%
46	42	37	33	28	75%
45	41	36	31	26	70%
44	40	35	30	24	65%
42	39	34	28	22	60%
41	37	32	27	21	55%
40	36	31	26	20	50%
39	36	30	25	19	45%
38	35	29	24	19	40%
37	33	28	22	18	35%
35	32	27	21	17	30%
35	31	26	20	16	25%
33	30	24	19	15	20%
32	28	22	17	13	15%
30	26	22	15	10	10%
27	23	17	12	7	5%

<b>1 ½ MILE RUN (MALES)</b>					
AGE					
20-29	30-39	40-49	50-59	60+	PERCENTILE
8:22	8:49	9:02	9:31	10:09	99%
9:10	9:31	9:47	10:27	11:20	95%
9:34	9:52	10:09	11:09	12:10	90%
9:52	10:14	10:44	11:45	12:53	85%
10:08	10:38	11:09	12:08	13:25	80%
10:34	10:59	11:32	12:37	13:58	75%
10:49	11:09	11:52	12:53	14:33	70%
11:09	11:34	11:58	13:25	14:55	65%
11:27	11:49	12:25	13:53	15:20	60%
11:34	11:58	12:53	13:58	15:53	55%
11:58	12:25	13:05	14:33	16:19	50%
12:11	12:44	13:25	14:35	16:46	45%
12:29	12:53	13:50	15:14	17:19	40%
12:53	13:25	14:10	15:53	17:49	35%
13:08	13:48	14:33	16:16	18:39	30%
13:25	14:10	15:00	16:46	19:10	25%
13:58	14:33	15:32	17:30	20:13	20%
14:33	15:14	16:09	18:22	21:34	15%
15:14	15:56	17:04	19:24	23:27	10%
16:46	17:30	18:39	21:40	25:58	5%

<b>PUSH-UPS IN ONE MINUTE (FEMALES)</b>					
AGE					
20-29	30-39	40+			PERCENTILE
53	48	23	N/A	N/A	99%
42	39.5	20	N/A	N/A	95%
37	33	18	N/A	N/A	90%
33	26	17	N/A	N/A	85%
28	23	15	N/A	N/A	80%
27	19	15	N/A	N/A	75%
24	18	14	N/A	N/A	70%
23	16	13	N/A	N/A	65%
21	15	13	N/A	N/A	60%
19	14	11	N/A	N/A	55%
18	14	11	N/A	N/A	50%
17	13	10	N/A	N/A	45%
15	11	9	N/A	N/A	40%
14	10	8	N/A	N/A	35%
13	9	7	N/A	N/A	30%
11	9	7	N/A	N/A	25%
10	8	6	N/A	N/A	20%
9	6.5	5	N/A	N/A	15%
8	6	4	N/A	N/A	10%
6	4	1	N/A	N/A	5%

<b>SIT-UPS IN ONE MINUTE (FEMALES)</b>					
AGE					
20-29	30-39	40-49	50-59	60+	PERCENTILE
>51	>42	>38	>30	>28	99%
51	42	38	30	28	95%
49	40	34	29	26	90%
45	38	32	25	20	85%
44	35	29	24	17	80%
42	33	28	22	15	75%
41	32	27	22	12	70%
39	30	25	21	12	65%
38	29	24	20	11	60%
37	28	23	19	10	55%
35	27	22	17	8	50%
34	26	21	16	8	45%
32	25	20	14	6	40%
31	24	19	12	5	35%
30	22	17	12	4	30%
28	21	16	11	4	25%
24	20	14	10	3	20%
23	18	13	7	2	15%
21	15	10	6	1	10%
18	11	7	5	0	5%

<b>1 ½ MILE RUN (FEMALES)</b>					
AGE					
20-29	30-39	40-49	50-59	60+	PERCENTILE
9:23	9:52	10:09	11:34	12:25	99%
10:20	11:08	11:35	13:16	14:28	95%
10:59	11:43	12:25	13:58	15:32	90%
11:34	12:23	13:14	14:33	16:22	85%
11:56	12:53	13:38	15:14	16:46	80%
12:07	13:08	13:58	15:47	17:34	75%
12:51	13:41	14:33	16:26	18:05	70%
13:01	13:58	15:03	16:46	18:39	65%
13:25	14:33	15:17	17:19	18:52	60%
13:58	14:33	15:56	17:38	19:29	55%
14:15	15:14	16:13	18:05	20:08	50%
14:33	15:35	16:46	18:39	20:38	45%
15:05	15:56	17:11	19:10	20:55	40%
15:32	16:43	17:38	19:43	22:03	35%
15:56	16:46	18:26	20:17	22:34	30%
16:43	17:38	18:39	20:55	23:20	25%
17:11	18:18	19:43	21:57	23:55	20%
17:53	19:01	20:49	22:53	25:02	15%
18:39	20:13	21:52	23:55	26:32	10%
21:05	21:57	23:27	26:15	29:06	5%