

**MALES**

AGE	FIT SCORE	HEART RATE	BLOOD PRESSURE SYSTOLIC	BLOOD PRESSURE DIASTOLIC	PERCENT BODY FAT	3 MIN STEP TEST W/IN 1 MIN	3 MIN STEP TEST W/IN 3 MIN	1.5 MILE RUN	FLEXIBILITY 15" SIT/REACH	SIT-UPS (1 MIN)	PUSHUPS (1 MIN)
"A" 20 to 29	1	54	<115	<72	<9.2	<114	<66	<10:47	>19.5	>45	>41
	2	60	116-120	73-76	9.1-12.1	120-132	72-78	10:48-11:41	18.5-19.0	42-44	37-40
	3	66	121-125	77-80	12.2-14.5	138-144	87-90	11:42-12:18	17.5-18.25	40-41	33-39
	4	72	126-132	81-84	14.6-17.9	150-156	96-102	12:19-12:51	16.5-17.25	38-39	29-32
	5	78	>133	>85	>18.0	>162	>108	>12:52	<16.25	<37	<28
"B" 30 to 39	1	54	<115	<74	<11.7	<114	<66	<11:34	>18.5	>41	>34
	2	60	116-120	75-78	11.8-14.6	120-132	72-78	11:35-12:20	17.5-18.0	39-40	30-33
	3	66	121-125	79-80	14.7-17.3	138-144	87-90	12:21-12:53	16.5-17.25	36-38	27-29
	4	72	126-132	81-88	17.4-20.6	150-156	96-102	12:54-13:36	15.5-16.75	35	24-26
	5	78	>133	>89	>20.7	>162	>108	>13:37	<15.0	<34	<23
"C" 40 to 49	1	54	<116	<76	<14.6	<114	<66	<12:34	>17.5	>39	>26
	2	60	117-120	77-80	14.7-17.5	120-132	72-78	12:35-13:14	16.3-17.25	35-38	24-25
	3	66	121-126	81-84	17.6-20.0	138-144	87-90	13:15-13:53	15.3-16.0	31-34	21-23
	4	72	127-134	85-90	20.1-20.6	150-156	96-102	13:54-14:29	14.3-15.25	29-30	18-20
	5	78	>135	>91	>20.7	>162	>108	>14:30	<14.25	>28	<17
"D" 50 to 59	1	54	<117	<78	<16.5	<114	<66	<13:45	>16.5	>31	>21
	2	60	118-120	79-80	16.6-19.0	120-132	72-78	13:46-14:24	15.5-16.25	28-30	19-20
	3	66	121-129	81-86	19.1-21.2	138-144	87-90	14:25-14:55	14.5-15.25	26-27	15-18
	4	72	130-136	87-90	21.3-24.4	150-156	96-102	14:56-15:26	13.3-14.25	24-25	13-14
	5	78	>137	>91	>24.5	>162	>108	>15:27	<13.25	<23	<12
> = MORE THAN < = LESS THAN											

**FEMALES**

AGE	FIT SCORE	HEART RATE	BLOOD PRESSURE SYSTOLIC	BLOOD PRESSURE DIASTOLIC	PERCENT BODY FAT	3 MIN STEP TEST W/IN 1 MIN	3 MIN STEP TEST W/IN 3 MIN	1.5 MILE RUN	FLEXIBILITY 15" SIT/REACH	SIT-UPS (1 MIN)	PUSHUPS (1 MIN)
"A" 20 to 29	1	54	<107	<68	<17.8	<114	<66	<13:53	>21.5	>41	>32
	2	60	108-110	69-72	17.9-19.7	120-132	72-78	13:54-14:24	20.5-21.25	38-40	30-31
	3	66	111-119	73-76	19.8-21.9	138-144	84-90	14:25-14:55	20.00-20.25	35-37	26-29
	4	72	120-122	78-80	22.0-24.2	150-156	96-102	14:56-15:26	19.3-19.75	32-34	23-25
	5	78	>123	>81	>24.3	>162	>108	>15:27	<19.25	<31	<22
"B" 30 to 39	1	54	<105	<70	<17.9	<114	<66	<14:24	>20.5	>32	>28
	2	60	106-110	71-74	18.0-21.1	120-132	72-78	14:25-15:08	20.00-20.25	29-31	24-27
	3	66	111-117	75-80	21.2-23.4	138-144	84-90	15:09-15:26	19.00-19.75	27-28	21-23
	4	72	118-122	81-82	23.5-27.1	150-156	96-102	15:27-15:57	18.3-18.75	25-26	19-20
	5	78	>123	>83	>27.2	>162	>108	>15:58	<18.25	<24	<18
"C" 40 to 49	1	54	<105	<70	<18.3	<114	<66	<15:16	>19.8	>27	>20
	2	60	106-112	71-74	18.3-19.3	120-132	72-78	15:17-15:57	19.0-19.75	24-26	18-19
	3	66	113-118	75-80	19.4-21.6	138-144	84-90	15:58-16:27	18.0-18.75	22-23	15-17
	4	72	119-126	81-82	21.7-26.7	150-156	96-102	16:28-16:58	17.3-18.75	20-21	13-14
	5	78	>127	>83	>26.8	>162	>108	>16:59	<17.25	<19	<12
"D" 50 to 59	1	54	<110	<70	<19.9	<114	<66	<16:27	>19.3	>22	>19
	2	60	111-120	71-78	20.2-23.4	120-132	72-78	16:28-16:58	18.5-19.25	20-21	17-18
	3	66	121-126	79-82	23.5-26.8	138-144	84-90	16:59-17:24	17.9-18.25	17-19	13-16
	4	72	127-140	83-90	26.9-30.7	150-156	96-102	17:25-17:55	16.8-17.8	14-16	12
	5	78	>141	>91	>30.8	>162	>108	>17:56	<16.75	<13	<11
> = MORE THAN < = LESS THAN											