

**FEMALE****SIT UPS (1 minute)**

AGE	MINIMUM	STANDARD	ACTUAL	P/F
18-29	31	35		
30-39	24	27		
40-49	19	22		
50-59	12	17		
60+	5	8		

**PUSH UPS (No time limit)**

AGE	MINIMUM		STANDARD		ACTUAL		P/F
	Modified	Full-Body	Modified	Full-Body	Modified	Full-Body	
18-29	22	14	26	18			
30-39	17	10	21	14			
40-49	11	8	15	11			
50-59	10	--	13	--			
60+	4	--	8	--			

**ONE REPETITION BENCH PRESS**

AGE	MINIMUM	STANDARD	ACTUAL	P/F
18-29	.58	.65		
30-39	.52	.57		
40-49	.48	.52		
50-59	.43	.46		
60+	.41	.45		

**1.5 MILE RUN**

AGE	TIME	ACTUAL	P/F
18-29	14:15		
30-39	15:14		
40-49	16:13		
50-59	18:05		
60+	20:08		