

MALE**SIT UPS (1 minute)**

| AGE | MINIMUM | STANDARD | ACTUAL | P/F |
|-------|---------|----------|--------|-----|
| 18-29 | 37 | 40 | | |
| 30-39 | 33 | 36 | | |
| 40-49 | 28 | 31 | | |
| 50-59 | 22 | 26 | | |
| 60+ | 18 | 20 | | |

PUSH UPS (No time limit)

| AGE | MINIMUM | STANDARD | ACTUAL | P/F |
|-------|---------|----------|--------|-----|
| 18-29 | 27 | 33 | | |
| 30-39 | 21 | 27 | | |
| 40-49 | 16 | 21 | | |
| 50-59 | 11 | 15 | | |
| 60+ | 9 | 15 | | |

ONE REPETITION BENCH PRESS

| AGE | MINIMUM | STANDARD | ACTUAL | P/F |
|-------|---------|----------|--------|-----|
| 18-29 | .96 | 1.06 | | |
| 30-39 | .86 | .93 | | |
| 40-49 | .78 | .84 | | |
| 50-59 | .70 | .75 | | |
| 60+ | .65 | .68 | | |

1.5 MILE RUN

| AGE | TIME | ACTUAL | P/F |
|-------|-------|--------|-----|
| 18-29 | 11:58 | | |
| 30-39 | 12:25 | | |
| 40-49 | 13:05 | | |
| 50-59 | 14:33 | | |
| 60+ | 16:19 | | |