

Females		Sit & Reach	Bench Press	Sit-ups	Push-ups	1.5 mile run
		Measured in inches	Percentage of body weight	Repetitions, 1 minute	Repetitions, 1 minute	In minutes & seconds
Ages 20 to 29	Superior	23 and above	.83 and above	45 and above	42 and above	12:20 & below
	Excellent	22 to 22.9	.77 to .82	42 to 44	35 to 41	12:21 to 13:22
	Good	20.5 to 21.9	.70 to .76	38 to 41	26 to 34	13:23 to 14:24
	Average	20 to 20.4	.65 to .69	35 to 37	20 to 25	14:25 to 14:55
	Minimum	20	.65	35	20	14:55
Ages 30 to 39	Superior	22 and above	.72 and above	38 and above	34 and above	13:06 & below
	Excellent	21 to 21.9	.65 to .71	33 to 37	28 to 33	13:07 to 14:08
	Good	20 to 20.9	.60 to .64	29 to 32	20 to 27	14:09 to 15:08
	Average	19 to 19.9	.57 to .59	27 to 28	14 to 19	15:09 to 15:26
	Minimum	19	.57	27	14	15:26
Ages 40 to 49	Superior	21.3 and above	.66 and above	32 and above	27 and above	14:06 & below
	Excellent	20 to 21.2	.60 to .65	28 to 31	23 to 26	14:07 to 14:57
	Good	19 to 19.9	.54 to .59	24 to 27	17 to 22	14:48 to 15:57
	Average	18 to 18.9	.52 to .53	22 to 23	13 to 16	15:58 to 16:27
	Minimum	18	.52	22	13	16:27
Ages 50 to 55	Superior	21 and above	.57 and above	26 and above	22 and above	15:29 & below
	Excellent	20 to 20.9	.53 to .56	22 to 25	19 to 21	15:30 to 16:05
	Good	18.5 to 19.9	.48 to .52	20 to 21	13 to 18	16:06 to 16:58
	Average	17.9 to 18.4	.46 to .47	17 to 19	9 to 12	16:59 to 17:24
	Minimum	17.9	.46	17	9	17:24