

<b>Males</b>		<b>Sit &amp; Reach</b>	<b>Bench Press</b>	<b>Sit-ups</b>	<b>Push-ups</b>	<b>1.5 mile run</b>
		Measured in inches	Percentage of body weight	Repetitions, 1 minute	Repetitions, 1 minute	In minutes & seconds
Ages 20 to 29	Superior	21 and above	1.37 and above	49 and above	51 and above	9:45 and below
	Excellent	20 to 20.9	1.26 to 1.36	46 to 48	44 to 50	9:46 to 10:42
	Good	18.5 to 19.9	1.14 to 1.25	42 to 45	37 to 43	10:43 to 11:41
	Average	17.5 to 18.4	1.06 to 1.13	40 to 41	33 to 36	11:42 to 12:18
	<b>Minimum</b>	<b>17.5</b>	<b>1.06</b>	<b>40</b>	<b>33</b>	<b>12:18</b>
Ages 30 to 39	Superior	20 and above	1.17 and above	45 and above	41 and above	10:16 and below
	Excellent	19 to 19.9	1.08 to 1.16	42 to 44	36 to 40	10:17 to 11:18
	Good	17.5 to 18.9	.98 to 1.07	39 to 41	30 to 35	11:19 to 12:20
	Average	16.5 to 17.4	.93 to .97	36 to 38	27 to 29	12:21 to 12:51
	<b>Minimum</b>	<b>16.5</b>	<b>.93</b>	<b>36</b>	<b>27</b>	<b>12:51</b>
Ages 40 to 49	Superior	19.3 and above	1.04 and above	40 and above	34 and above	11:18 and below
	Excellent	18 to 19.2	.96 to 1.03	37 to 39	29 to 33	11:19 to 11:49
	Good	16.3 to 17.9	.88 to .95	34 to 36	24 to 28	11:50 to 13:14
	Average	15.3 to 16.2	.84 to .87	31 to 33	21 to 23	13:15 to 13:53
	<b>Minimum</b>	<b>15.3</b>	<b>.84</b>	<b>31</b>	<b>21</b>	<b>13:53</b>
Ages 50 to 55	Superior	18.3 and above	.93 and above	36 and above	28 and above	12:20 and below
	Excellent	17 to 18.2	.87 to .92	33 to 35	24 to 27	12:21 to 13:22
	Good	15.5 to 17.1	.79 to .86	28 to 32	19 to 23	13:23 to 14:24
	Average	14.5 to 15.4	.75 to .78	26 to 27	15 to 18	14:25 to 14:55
	<b>Minimum</b>	<b>14.5</b>	<b>.75</b>	<b>26</b>	<b>15</b>	<b>14:55</b>