

VSP FITNESS STANDARDS EFFECTIVE JANUARY 1, 2018

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	24.5 and above	1.01 and above	51 and above	42 and above	10:28 and below
	Excellent	22.5 to 24.4	.80 to 1.00	44 to 50	28 to 41	10:29 to 11:58
	Good	20.5 to 22.4	.70 to .79	38 to 43	21 to 27	11:59 to 13:24
	Average	20.0 to 20.4	.65 to .69	35 to 37	18 to 20	13:25 to 14:07
Age 30 to 39	Superior	24.0 and above	.82 and above	42 and above	40 and above	11:00 and below
	Excellent	21.5 to 23.9	.70 to .81	35 to 41	23 to 39	11:01 to 12:25
	Good	20.0 to 21.4	.60 to .69	29 to 34	15 to 22	12:26 to 14:04
	Average	19.0 to 19.9	.57 to .59	27 to 28	14	14:05 to 14:34
Age 40 to 49	Superior	22.8 and above	.77 and above	38 and above	20 and above	11:32 and below
	Excellent	20.5 to 22.7	.62 to .76	29 to 37	15 to 19	11:33 to 13:22
	Good	19.0 to 20.4	.54 to .61	24 to 28	13 to 14	13:23 to 14:44
	Average	18.0 to 18.9	.52 to .53	22 to 23	11 to 12	14:45 to 15:24