

VSP FITNESS STANDARDS EFFECTIVE JANUARY 1, 2018

MALES		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	1.63 and above	55 and above	62 and above	9:18 and below
	Excellent	20.5 to 22.9	1.32 to 1.62	47 to 54	47 to 61	9:19 to 10:09
	Good	18.5 to 20.4	1.14 to 1.31	42 to 46	37 to 46	10:10 to 11:31
	Average	17.5 to 18.4	1.06 to 1.13	40 to 41	33 to 36	11:32 to 11:58
Age 30 to 39	Superior	22 and above	1.35 and above	51 and above	52 and above	9:34 and below
	Excellent	19.5 to 21.9	1.12 to 1.34	43 to 50	39 to 51	9:35 to 10:47
	Good	17.5 to 19.4	.98 to 1.11	39 to 42	30 to 38	10:48 to 11:56
	Average	16.5 to 17.4	.93 to .97	36 to 38	27 to 29	11:57 to 12:25
Age 40 to 49	Superior	21.3 and above	1.20 and above	47 and above	40 and above	9:51 and below
	Excellent	18.5 to 21.2	1.00 to 1.19	39 to 46	30 to 39	9:52 to 11:16
	Good	16.3 to 18.4	.88 to .99	34 to 38	24 to 29	11:17 to 13:32
	Average	15.3 to 16.2	.84 to .87	31 to 33	21 to 23	13:33 to 13:11