

**ENTRY FITNESS STANDARDS - 40th PERCENTILE**

**#1 Upper Body Strength**

1 minute maximum number of push-ups

Age	Male	Female Modified	Female Full Body
20-29	29	23	15
30-39	24	19	11
40-49	18	13	9
50-59	13	12	9
60+	10	5	9

**#2 Muscular Endurance**

1 minute maximum number of sit-ups

Age	Male	Female
< 20	41	32
20-29	38	32
30-39	35	25
40-49	29	20
50-59	24	14
60+	19	6

**#5 Flexibility**

sit and reach -inches

Age	Male	Female
< 20	16.5	20.5
20-29	16.5	19.3
30-39	15.5	18.3
40-49	14.3	17.3
50-59	13.3	16.8
60+	12.5	15.5

**#3 Aerobic Power**

Age	Male	Female
< 20	12:29	15:05
20-29	12:29	15:05
30-39	12:53	15:56
40-49	13:50	17:11
50-59	15:14	19:10
60+	17:19	20:55

**#4 Anaerobic Power**

300 meter run

Age	Male	Female
< 20	59.0	71.0
20-29	59.0	71.0
30-39	58.9	79.0
40-49	72.0	94.0
50-59	83.2	94.0
60+	83.2	94.0