

FITNESSGRAM

FEMALES

Age	One Mile min:sec	Pacer # laps	VO ml/kg/min	Percent Fat	Percent Fat	Curl-Up # completed
10	12:30 - 9:30	15 - 41	40 - 48	32 - 17	23.5 - 16.6	12 - 26
11	12:00 - 9:00	15 - 41	39 - 47	32 - 17	24 - 16.9	15 - 29
12	12:00 - 9:00	23 - 41	38 - 46	32 - 17	24.5 - 16.9	18 - 32
13	11:30 - 9:00	23 - 51	37 - 45	32 - 17	24.5 - 17.5	18 - 32
14	11:00 - 8:30	23 - 51	36 - 44	32 - 17	25 - 17.5	18 - 32
15	10:30 - 8:00	23 - 51	35 - 43	32 - 17	25 - 17.5	18 - 35
16	10:00 - 8:00	32 - 61	35 - 43	32 - 17	25 - 17.5	18 - 35

Age	Trunk Life inches	Push-up # completed	Modified Pull-up # completed	Pull-up # completed	Flexed Arm Hang seconds	Back Saver Sit & Reach inches	Shoulder Stretch
10	9 - 12	7 - 15	4 - 13	1 - 2	4 - 10	9	Passing = Touching the fingertips together behind the back.
11	9 - 12	7 - 15	4 - 13	1 - 2	6 - 12	10	
12	9 - 12	7 - 15	4 - 13	1 - 2	7 - 12	10	
13	9 - 12	7 - 15	4 - 13	1 - 2	8 - 12	10	
14	9 - 12	7 - 15	4 - 13	1 - 2	8 - 12	10	
15	9 - 12	7 - 15	4 - 13	1 - 2	8 - 12	12	
16	9 - 12	7 - 15	4 - 13	1 - 2	8 - 12	12	

MALES

Age	One Mile min:sec	Pacer # laps	VO ml/kg/min	Percent Fat	Percent Fat	Curl-Up # completed
10	11:30 - 9:00	23 - 61	42 - 52	25 - 10	21 - 15.3	12 - 24
11	11:00 - 8:30	23 - 72	42 - 52	25 - 10	21 - 15.8	15 - 28
12	10:30 - 8:00	32 - 72	42 - 52	25 - 10	22 - 16.0	18 - 36
13	10:00 - 7:30	41 - 72	42 - 52	25 - 10	23 - 16.6	21 - 40
14	9:30 - 7:00	41 - 83	42 - 52	25 - 10	24.5 - 17.5	24 - 45
15	9:00 - 7:00	51 - 94	42 - 52	25 - 10	25 - 18.1	24 - 47
16	8:30 - 7:00	61 - 94	42 - 52	25 - 10	26.5 - 18.5	24 - 47

Age	Trunk Life inches	Push-up # completed	Modified Pull-up # completed	Pull-up # completed	Flexed Arm Hang seconds	Back Saver Sit & Reach inches	Shoulder Stretch
10	9 - 12	7 - 20	5 - 15	1 - 2	4 - 10	8	Passing = Touching the fingertips together behind the back.
11	9 - 12	8 - 20	6 - 17	1 - 3	6 - 13	8	
12	9 - 12	10 - 20	7 - 20	1 - 3	6 - 13	8	
13	9 - 12	12 - 25	8 - 22	1 - 4	12 - 17	8	
14	9 - 12	14 - 30	9 - 25	2 - 5	15 - 20	8	
15	9 - 12	16 - 35	10 - 27	3 - 7	15 - 20	8	
16	9 - 12	18 - 35	12 - 30	5 - 8	15 - 20	8	