

Fitness 19 Assessment

VO2 Max		Age: 10-29		30-39		40-59		60+	
Rating	Score	M	F	M	F	M	F	M	F
Elite	3	55+	46+	53+	44+	49+	39+	43+	35+
Above Average	2	45-54	38-46	43-52	36-43	40-48	32-38	35-42	27-34
Average	1	41-44	33-37	38-42	31-35	35-39	28-31	31-34	24-26
Fail	0	<41	<33	<38	<31	<35	<28	<31	<24

Push Up		Age: 18-25		26-39		40-59		60+	
Rating	Score	M	F	M	F	M	F	M	F
Elite	3	55+	40+	46+	37+	32+	28+	30+	23+
Above Average	2	31-54	23-39	26-45	22-36	26-31	17-27	17-29	13-22
Average	1	17-30	12-22	14-25	11-21	10-25	8-16	6-16	4-12
Fail	0	<17	<12	<14	<11	<10	<8	<6	<4

Crunches		Age: 18-25		26-39		40-59		60+	
Rating	Score	M	F	M	F	M	F	M	F
Elite	3	50+	44+	46+	37+	39+	>30	30+	24+
Above Average	2	39-49	33-43	36-45	26-36	27-38	21-30	20-29	14-23
Average	1	35-38	29-32	30-35	21-25	24-26	16-20	16-19	10-13
Fail	0	<35	<29	<30	<21	<24	<16	<15	<10

Sit and Reach		Age: 18-25		26-39		40-59		60+	
Rating	Score	M	F	M	F	M	F	M	F
Elite	3	23+	25+	22+	24+	21+	22+	18+	21+
Above Average	2	18-22	20-24	17-21	19-23	15-20	17-21	14-17	16-20
Average	1	16-17	19	15-16	17-19	13-14	15-16	10-11	15
Fail	0	<16	<19	<15	<17	<13	<15	<10	<15

Pull Up		110-170lb	90-140lb	180-240lb	150-200lb	250-310lb	>200lb
Rating	Score	M	F	M	F	M	F
Elite	3	37+	23+	30+	19+	24+	14+
Above Average	2	25-36	13-22	20-29	10-18	15-23	7-13
Average	1	10-24	5-12	8-19	3-9	5-14	2-6
Fail	0	<10	<5	<8	<3	<5	<2

Plank		All Ages
Rating	Score	Both Genders
Elite	3	>3 Minutes
Above Average	2	2-3 Minutes
Average	1	1-2 Minutes
Fail	0	<1 Minutes

Totals	
Rating	Score
Elite	18
Above Average	12-17
Average	6-11
Fail	0