

**1. V-Sit Reach
(inches) – Boys**

Age	13	14	15	16	17	18
100%	1.5	1.75	2	2.25	2.75	2.75
90%	1.25	1.5	1.75	2	2.5	2.5
80%	1	1.25	1.5	1.75	2.25	2.25
75%	0.75	1	1.25	1.5	2	2
70%	0.5	0.75	1	1.25	1.75	1.75
60%	0.25	0.5	0.75	1	1.5	1.5
50%	0	0.25	0.5	0.75	1.25	1.25
40%	-0.25	0	0.25	0.5	1	1
30%	-0.5	-0.25	0	0.25	0.75	0.75
25%	-0.75	-0.5	-0.25	0	0.5	0.5
20%	-1	-0.75	-0.5	-0.25	0.25	0.25
10%	-1.25	-1	-0.75	-0.5	0	0

**V-Sit Reach
(inches) –
Girls**

Age	13	14	15	16	17	18
100%	2.75	3.25	3.25	3.5	3.25	3.25
90%	2.5	3	3	3.25	3	3
80%	2.25	2.75	2.75	3	2.75	2.75
75%	2	2.5	2.5	2.75	2.5	2.5
70%	1.75	2.25	2.25	2.5	2.25	2.25
60%	1.5	2	2	2.25	2	2
50%	1.25	1.75	1.75	2	1.75	1.75
40%	1	1.5	1.5	1.75	1.5	1.5
30%	0.75	1.25	1.25	1.5	1.25	1.25
25%	0.5	1	1	1.25	1	1
20%	0.25	0.75	0.75	1	0.75	0.75
10%	0	0.5	0.5	0.75	0.5	0.5

2. Bent Knee Push-Ups– Boys (in 1 minute)

Age	13	14	15	16	17	18
100%	60	63	66	69	72	75
90%	57	60	63	66	69	72
80%	54	57	60	63	66	69
75%	51	54	57	60	63	66
70%	48	51	54	57	60	63
60%	45	48	51	54	57	60
50%	42	45	48	51	54	57
40%	39	42	45	48	51	54
30%	36	39	42	45	48	51
25%	33	36	39	42	45	48
20%	30	33	36	39	42	45
10%	27	30	33	36	39	42

**Bent Knee
Push-Ups –
Girls**

Age	13	14	15	16	17	18
100%	35	38	41	44	47	50
90%	32	35	38	41	44	47
80%	29	32	35	38	41	44
75%	26	29	32	35	38	41
70%	23	26	29	32	35	38
60%	20	23	26	29	32	35
50%	17	20	23	26	29	32
40%	14	17	20	23	26	29
30%	11	14	17	20	23	26
25%	8	11	14	17	20	23
20%	5	8	11	14	17	20
10%	2	5	8	11	14	17

**3. Push-Ups– Boys
(in 1 minute)**

Age	13	14	15	16	17	18
100%	40	42	47	55	65	70
90%	37	39	44	52	62	67
80%	35	37	42	50	58	64
75%	30	35	40	48	55	60
70%	27	30	35	43	50	57
60%	25	27	33	38	47	53
50%	22	25	29	33	43	49
40%	17	22	26	30	38	45
30%	15	17	20	26	34	40
25%	13	15	18	22	30	35
20%	10	13	15	18	26	30
10%	5	8	10	15	20	25

**Push-Ups –
Girls**

Age	13	14	15	16	17	18
100%	25	27	30	35	40	45
90%	23	25	28	33	38	43
80%	21	23	25	30	35	40
75%	19	21	23	28	33	38
70%	17	19	20	25	30	35
60%	15	17	18	23	28	33
50%	13	15	15	20	25	30
40%	11	13	12	17	22	27
30%	9	11	11	15	19	23
25%	7	9	10	14	15	18
20%	5	7	9	13	14	15
10%	3	5	5	8	11	13

**4. Feet on Bench
Push-Ups– Boys
(in 1 minute)**

**Feet on
Bench Push-Ups – Girls**

Age	13	14	15	16	17	18
100%	40	45	50	55	60	65
90%	38	43	48	53	58	63
80%	36	41	46	51	56	61
75%	34	39	44	49	54	59
70%	32	37	42	47	52	57
60%	30	35	40	45	50	55
50%	28	33	38	43	48	53
40%	26	31	36	41	46	51
30%	24	29	34	39	44	49
25%	22	27	32	37	42	47
20%	20	25	30	35	40	45
10%	18	23	28	33	38	43

Age	13	14	15	16	17	18
100%	23	24	25	30	35	40
90%	21	22	23	28	33	38
80%	19	20	21	26	31	36
75%	17	18	19	24	29	34
70%	15	16	17	22	27	32
60%	13	14	15	20	25	30
50%	11	12	13	18	23	28
40%	9	10	11	16	21	26
30%	7	8	9	14	19	24
25%	5	6	7	12	17	22
20%	3	4	5	10	15	20
10%	1	2	3	8	13	18

**5. AFJROTC
Pushup – Boys (in
1 minute)**

Age	13	14	15	16	17	18
100%	25	27	29	31	33	35
90%	23	25	27	29	31	33
80%	21	23	25	27	29	31
75%	19	21	23	25	27	29
70%	17	19	21	23	25	27
60%	15	17	19	21	23	25
50%	13	15	17	19	21	23
40%	11	13	15	17	19	21
30%	9	11	13	15	17	19
25%	7	9	11	13	15	17
20%	5	7	9	11	13	15
10%	3	5	7	9	11	13

**AFJROTC
Pushup –
Girls**

Age	13	14	15	16	17	18
100%	15	17	19	21	23	25
90%	13	15	17	19	21	23
80%	11	13	15	17	19	21
75%	10	12	14	16	18	20
70%	9	11	13	15	17	19
60%	8	10	12	14	16	18
50%	7	9	11	13	15	17
40%	6	8	10	12	14	16
30%	5	7	9	11	13	15
25%	4	6	8	10	12	14
20%	3	5	7	9	11	13
10%	2	4	6	8	10	12

6. Plank – Boys

Age	13	14	15	16	17	18
100%	1:35	1:40	1:45	1:50	1:55	2:00
90%	1:28	1:33	1:38	1:43	1:48	1:53
80%	1:21	1:26	1:31	1:36	1:41	1:46
75%	1:14	1:19	1:24	1:29	1:34	1:39
70%	1:07	1:12	1:17	1:22	1:27	1:32
60%	1:00	1:05	1:10	1:15	1:20	1:25
50%	0:53	0:58	1:03	1:08	1:13	1:18
40%	0:46	0:51	0:56	1:01	1:06	1:11
30%	0:39	0:44	0:49	0:54	0:59	1:04
25%	0:32	0:37	0:42	0:47	0:52	0:57
20%	0:25	0:30	0:35	0:40	0:45	0:50
10%	0:18	0:23	0:28	0:33	0:38	0:43

**Plank –
Girls**

Age	13	14	15	16	17	18
100%	1:20	1:25	1:30	1:35	1:40	1:45
90%	1:13	1:18	1:23	1:28	1:33	1:38
80%	1:06	1:11	1:16	1:21	1:26	1:31
75%	0:59	1:04	1:09	1:14	1:19	1:24
70%	0:52	0:57	1:02	1:07	1:12	1:17
60%	0:45	0:50	0:55	1:00	1:05	1:10
50%	0:38	0:43	0:48	0:53	0:58	1:03
40%	0:31	0:36	0:41	0:46	0:51	0:56
30%	0:24	0:29	0:34	0:39	0:44	0:49
25%	0:17	0:22	0:27	0:32	0:37	0:42
20%	0:10	0:15	0:20	0:25	0:30	0:35
10%	0:03	0:08	0:13	0:18	0:23	0:28

**7. Left Planks -
Boys**

Age	13	14	15	16	17	18
100%	0:35	0:40	0:45	0:50	0:55	1:00
90%	0:32	0:37	0:42	0:47	0:52	0:57
80%	0:29	0:34	0:39	0:44	0:49	0:54
75%	0:26	0:31	0:36	0:41	0:46	0:51

**Left Planks
– Girls**

Age	13	14	15	16	17	18
100%	0:30	0:33	0:36	0:39	0:42	0:45
90%	0:27	0:30	0:33	0:36	0:39	0:42
80%	0:24	0:27	0:30	0:33	0:36	0:39
75%	0:21	0:24	0:27	0:30	0:33	0:36

70%	0:23	0:28	0:33	0:38	0:43	0:48
60%	0:20	0:25	0:30	0:35	0:40	0:45
50%	0:17	0:22	0:27	0:32	0:37	0:42
40%	0:14	0:19	0:24	0:29	0:34	0:39
30%	0:11	0:16	0:21	0:26	0:31	0:36
25%	0:08	0:13	0:18	0:23	0:28	0:33
20%	0:05	0:10	0:15	0:20	0:25	0:30
10%	0:02	0:07	0:12	0:17	0:22	0:27

70%	0:18	0:21	0:24	0:27	0:30	0:33
60%	0:15	0:18	0:21	0:24	0:27	0:30
50%	0:12	0:15	0:18	0:21	0:24	0:27
40%	0:09	0:12	0:15	0:18	0:21	0:24
30%	0:06	0:09	0:12	0:15	0:18	0:21
25%	0:03	0:06	0:09	0:12	0:15	0:18
20%	0:00	0:03	0:06	0:09	0:12	0:15
10%	0:00	0:00	0:03	0:06	0:09	0:12

8. Right Planks - Boys

Age	13	14	15	16	17	18
100%	0:35	0:40	0:45	0:50	0:55	1:00
90%	0:32	0:37	0:42	0:47	0:52	0:57
80%	0:29	0:34	0:39	0:44	0:49	0:54
75%	0:26	0:31	0:36	0:41	0:46	0:51
70%	0:23	0:28	0:33	0:38	0:43	0:48
60%	0:20	0:25	0:30	0:35	0:40	0:45
50%	0:17	0:22	0:27	0:32	0:37	0:42
40%	0:14	0:19	0:24	0:29	0:34	0:39
30%	0:11	0:16	0:21	0:26	0:31	0:36
25%	0:08	0:13	0:18	0:23	0:28	0:33
20%	0:05	0:10	0:15	0:20	0:25	0:30
10%	0:02	0:07	0:12	0:17	0:22	0:27

Right Planks - Girls

Age	13	14	15	16	17	18
100%	0:30	0:33	0:36	0:39	0:42	0:45
90%	0:27	0:30	0:33	0:36	0:39	0:42
80%	0:24	0:27	0:30	0:33	0:36	0:39
75%	0:21	0:24	0:27	0:30	0:33	0:36
70%	0:18	0:21	0:24	0:27	0:30	0:33
60%	0:15	0:18	0:21	0:24	0:27	0:30
50%	0:12	0:15	0:18	0:21	0:24	0:27
40%	0:09	0:12	0:15	0:18	0:21	0:24
30%	0:06	0:09	0:12	0:15	0:18	0:21
25%	0:03	0:06	0:09	0:12	0:15	0:18
20%	0:00	0:03	0:06	0:09	0:12	0:15
10%	0:00	0:00	0:03	0:06	0:09	0:12

9. Sit-Ups - Boys (in one minute)

Age	13	14	15	16	17	18
100%	50	55	59	63	67	70
90%	46	51	54	59	63	66
80%	42	47	49	54	59	62
75%	39	43	45	49	54	58
70%	35	39	41	45	49	53
60%	31	35	37	41	45	49
50%	27	31	33	37	41	45
40%	23	27	29	33	37	41
30%	19	23	25	29	33	37
25%	16	19	21	25	29	33
20%	12	16	18	21	25	29
10%	10	12	14	18	21	25

Sit-Ups - Girls

Age	13	14	15	16	17	18
100%	48	53	56	59	63	66
90%	44	48	53	56	59	63
80%	40	44	48	53	56	59
75%	36	40	44	48	53	56
70%	32	36	40	44	48	53
60%	28	32	36	40	44	48
50%	25	28	32	36	40	44
40%	21	25	28	32	36	40
30%	18	21	25	28	32	36
25%	15	18	21	25	28	32
20%	10	15	18	21	25	28
10%	7	10	15	18	21	25

10. Extended Sit-Ups - Boys (in one minute)

Age	13	14	15	16	17	18
100%	50	55	59	63	67	70
90%	46	51	54	59	63	66
80%	42	47	49	54	59	62
75%	39	43	45	49	54	58
70%	35	39	41	45	49	53
60%	31	35	37	41	45	49
50%	27	31	33	37	41	45
40%	23	27	29	33	37	41

Extended Sit-Ups - Girls

Age	13	14	15	16	17	18
100%	48	53	56	59	63	66
90%	44	48	53	56	59	63
80%	40	44	48	53	56	59
75%	36	40	44	48	53	56
70%	32	36	40	44	48	53
60%	28	32	36	40	44	48
50%	25	28	32	36	40	44
40%	21	25	28	32	36	40

30%	19	23	25	29	33	37
25%	16	19	21	25	29	33
20%	12	16	18	21	25	29
10%	10	12	14	18	21	25

30%	18	21	25	28	32	36
25%	15	18	21	25	28	32
20%	10	15	18	21	25	28
10%	7	10	15	18	21	25

11. Flutter Kicks – Boys

Age	13	14	15	16	17	18
100%	1:05	1:10	1:15	1:20	1:25	1:30
90%	1:00	1:05	1:10	1:15	1:20	1:25
80%	0:55	1:00	1:05	1:10	1:15	1:20
75%	0:50	0:55	1:00	1:05	1:10	1:15
70%	0:45	0:50	0:55	1:00	1:05	1:10
60%	0:40	0:45	0:50	0:55	1:00	1:05
50%	0:35	0:40	0:45	0:50	0:55	1:00
40%	0:30	0:35	0:40	0:45	0:50	0:55
30%	0:25	0:30	0:35	0:40	0:45	0:50
25%	0:20	0:25	0:30	0:35	0:40	0:45
20%	0:15	0:20	0:25	0:30	0:35	0:40
10%	0:10	0:15	0:20	0:25	0:30	0:35

Flutter Kicks – Girls

Age	13	14	15	16	17	18
100%	1:05	1:10	1:15	1:20	1:25	1:30
90%	1:00	1:05	1:10	1:15	1:20	1:25
80%	0:55	1:00	1:05	1:10	1:15	1:20
75%	0:50	0:55	1:00	1:05	1:10	1:15
70%	0:45	0:50	0:55	1:00	1:05	1:10
60%	0:40	0:45	0:50	0:55	1:00	1:05
50%	0:35	0:40	0:45	0:50	0:55	1:00
40%	0:30	0:35	0:40	0:45	0:50	0:55
30%	0:25	0:30	0:35	0:40	0:45	0:50
25%	0:20	0:25	0:30	0:35	0:40	0:45
20%	0:15	0:20	0:25	0:30	0:35	0:40
10%	0:10	0:15	0:20	0:25	0:30	0:35

12. Lunges – Boys (in 1 minute)

Age	13	14	15	16	17	18
100%	35	37	39	41	43	45
90%	33	35	37	39	41	43
80%	31	33	35	37	39	41
75%	29	31	33	35	37	39
70%	27	29	31	33	35	37
60%	25	27	29	31	33	35
50%	23	25	27	29	31	33
40%	21	23	25	27	29	31
30%	19	21	23	25	27	29
25%	17	19	21	23	25	27
20%	15	17	19	21	23	25
10%	13	15	17	19	21	23

Lunges - Girls

Age	13	14	15	16	17	18
100%	30	32	34	36	38	40
90%	28	30	32	34	36	38
80%	26	28	30	32	34	36
75%	24	26	28	30	32	34
70%	22	24	26	28	30	32
60%	20	22	24	26	28	30
50%	18	20	22	24	26	28
40%	16	18	20	22	24	26
30%	14	16	18	20	22	24
25%	12	14	16	18	20	22
20%	10	12	14	16	18	20
10%	8	10	12	14	16	18

13. Arm Extended Lunges - Boys (in one minute)

Age	13	14	15	16	17	18
100%	50	55	59	63	67	70
90%	46	51	54	59	63	66
80%	42	47	49	54	59	62
75%	39	43	45	49	54	58
70%	35	39	41	45	49	53
60%	31	35	37	41	45	49
50%	27	31	33	37	41	45
40%	23	27	29	33	37	41
30%	19	23	25	29	33	37
25%	16	19	21	25	29	33
20%	12	16	18	21	25	29

Arm Extended Lunges – Girls

Age	13	14	15	16	17	18
100%	48	53	56	59	63	66
90%	44	48	53	56	59	63
80%	40	44	48	53	56	59
75%	36	40	44	48	53	56
70%	32	36	40	44	48	53
60%	28	32	36	40	44	48
50%	25	28	32	36	40	44
40%	21	25	28	32	36	40
30%	18	21	25	28	32	36
25%	15	18	21	25	28	32
20%	10	15	18	21	25	28

10%	10	12	14	18	21	25
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10%	7	10	15	18	21	25
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**14. Reverse
Extended Lunges -
Boys (in one
minute)**

Age	13	14	15	16	17	18
100%	50	55	59	63	67	70
90%	46	51	54	59	63	66
80%	42	47	49	54	59	62
75%	39	43	45	49	54	58
70%	35	39	41	45	49	53
60%	31	35	37	41	45	49
50%	27	31	33	37	41	45
40%	23	27	29	33	37	41
30%	19	23	25	29	33	37
25%	16	19	21	25	29	33
20%	12	16	18	21	25	29
10%	10	12	14	18	21	25

**Reverse
Extended
Lunges –
Girls**

Age	13	14	15	16	17	18
100%	48	53	56	59	63	66
90%	44	48	53	56	59	63
80%	40	44	48	53	56	59
75%	36	40	44	48	53	56
70%	32	36	40	44	48	53
60%	28	32	36	40	44	48
50%	25	28	32	36	40	44
40%	21	25	28	32	36	40
30%	18	21	25	28	32	36
25%	15	18	21	25	28	32
20%	10	15	18	21	25	28
10%	7	10	15	18	21	25

**15. Mountain
Climbers – Boys**

Age	13	14	15	16	17	18
100%	60	63	66	69	72	75
90%	57	60	63	66	69	72
80%	54	57	60	63	66	69
75%	51	54	57	60	63	66
70%	48	51	54	57	60	63
60%	45	48	51	54	57	60
50%	42	45	48	51	54	57
40%	39	42	45	48	51	54
30%	36	39	42	45	48	51
25%	33	36	39	42	45	48
20%	30	33	36	39	42	45
10%	27	30	33	36	39	42

**Mountain
Climbers -
Girls**

Age	13	14	15	16	17	18
100%	50	53	56	59	62	65
90%	47	50	53	56	59	62
80%	44	47	50	53	56	59
75%	41	44	47	50	53	56
70%	38	41	44	47	50	53
60%	35	38	41	44	47	50
50%	32	35	38	41	44	47
40%	29	32	35	38	41	44
30%	26	29	32	35	38	41
25%	23	26	29	32	35	38
20%	20	23	26	29	32	35
10%	17	20	23	26	29	32

**16. AFJROT
Squats– Boys (in 1
minute)**

Age	13	14	15	16	17	18
100%	30	32	34	36	38	40
90%	29	31	33	35	37	39
80%	28	30	32	34	36	38
75%	27	29	31	33	35	37
70%	26	28	30	32	34	36
60%	25	27	29	31	33	35
50%	24	26	28	30	32	34
40%	23	25	27	29	31	33
30%	22	24	26	28	30	32
25%	21	23	25	27	29	31
20%	20	22	24	26	28	30
10%	19	21	23	25	27	29

**AFJROT
Squats –
Girls**

Age	13	14	15	16	17	18
100%	22	24	26	28	30	32
90%	21	23	25	27	29	30
80%	20	22	24	26	28	28
75%	19	21	23	25	27	26
70%	18	20	22	24	26	24
60%	17	19	21	23	25	22
50%	16	18	20	22	24	20
40%	15	17	19	21	23	18
30%	14	16	18	20	22	16
25%	13	15	17	19	21	14
20%	12	14	16	18	20	9
10%	11	13	15	17	19	7

**17. Body Builders–
Boys (in one
minute)**

Age	13	14	15	16	17	18
100%	15	16	17	18	19	20
90%	14	15	16	17	18	19
80%	13	14	15	16	17	18
75%	12	13	14	15	16	17
70%	11	12	13	14	15	16
60%	10	11	12	13	14	15
50%	9	10	11	12	13	14
40%	8	9	10	11	12	13
30%	7	8	9	10	11	12
25%	6	7	8	9	10	11
20%	5	6	7	8	9	10
10%	4	5	6	7	8	9

**Body
Builder –
Girls**

Age	13	14	15	16	17	18
100%	12	13	14	15	16	17
90%	11	12	13	14	15	16
80%	10	11	12	13	14	15
75%	9	10	11	12	13	14
70%	8	9	10	11	12	13
60%	7	8	9	10	11	12
50%	6	7	8	9	10	11
40%	5	6	7	8	9	10
30%	4	5	6	7	8	9
25%	3	4	5	6	7	8
20%	2	3	4	5	6	7
10%	1	2	3	4	5	6

**18. Trunk Jumps
– Boys (in 1
minute)**

Age	13	14	15	16	17	18
100%	15	18	21	24	27	30
90%	14	17	20	23	26	29
80%	13	16	19	22	25	28
75%	12	15	18	21	24	27
70%	11	14	17	20	23	26
60%	10	13	16	19	22	25
50%	9	12	15	18	21	24
40%	8	11	14	17	20	23
30%	7	10	13	16	19	22
25%	6	9	12	15	18	21
20%	5	8	11	14	17	20
10%	4	7	10	13	16	19

**Trunk
Jumps –
Girls**

Age	13	14	15	16	17	18
100%	12	13	16	19	22	25
90%	11	12	15	18	21	24
80%	10	11	14	17	20	23
75%	9	10	13	16	19	22
70%	8	9	12	15	18	21
60%	7	8	11	14	17	20
50%	6	7	10	13	16	19
40%	5	6	9	12	15	18
30%	4	5	8	11	14	17
25%	3	4	7	10	13	16
20%	2	3	6	9	12	15
10%	1	2	5	8	11	14

**19. Side Lateral
Jumps – Boys (in 1
minute)**

Age	13	14	15	16	17	18
100%	50	55	60	65	70	75
90%	47	52	57	62	67	72
80%	44	49	54	59	64	69
75%	41	46	51	56	61	66
70%	38	43	48	53	58	63
60%	35	40	45	50	55	60
50%	32	37	42	47	52	57
40%	29	34	39	44	49	54
30%	26	31	36	41	46	51
25%	23	28	33	38	43	48
20%	20	25	30	35	40	45
10%	17	22	27	32	37	42

**Side Lateral
Jumps –
Girls**

Age	13	14	15	16	17	18
100%	40	45	50	55	60	65
90%	37	42	47	52	57	62
80%	34	39	44	49	54	59
75%	31	36	41	46	51	56
70%	28	33	38	43	48	53
60%	25	30	35	40	45	50
50%	22	27	32	37	42	47
40%	19	24	29	34	39	44
30%	16	21	26	31	36	41
25%	13	18	23	28	33	38
20%	10	15	20	25	30	35
10%	7	12	17	22	27	32

**20. One Mile Run
- Boys (min:sec)**

Age	13	14	15	16	17	18
100%	5:59	5:43	5:40	5:31	5:14	5:33
90%	6:48	6:27	6:23	6:13	6:08	6:10
80%	7:07	6:58	6:43	6:31	6:31	6:33
75%	7:14	7:08	6:52	6:39	6:40	6:42
70%	7:24	7:18	7:00	6:50	6:46	6:57
60%	7:41	7:34	7:13	7:07	7:10	7:15
50%	8:04	7:51	7:30	7:27	7:31	7:35
40%	8:26	8:14	7:50	7:48	7:59	7:53
30%	8:54	8:46	8:18	8:04	8:24	8:12
25%	9:08	9:12	8:36	8:19	8:38	8:47
20%	9:20	9:28	8:50	8:34	8:55	9:10
10%	10:38	10:34	10:13	9:36	10:43	10:50

**One Mile
Run - Girls
(min:sec)**

Age	13	14	15	16	17	18
100%	7:08	7:01	6:59	7:03	6:52	6:58
90%	8:27	8:11	8:23	8:28	8:20	8:22
80%	9:13	8:49	9:04	9:06	9:10	9:27
75%	9:30	9:16	9:28	9:25	9:26	9:31
70%	9:48	9:31	9:49	9:41	9:41	9:36
60%	10:22	10:04	10:20	10:15	10:16	10:08
50%	10:52	10:32	10:46	10:34	10:34	10:51
40%	11:22	10:58	11:20	11:08	10:59	11:27
30%	11:55	11:35	11:53	11:49	11:43	11:58
25%	12:17	11:49	12:18	12:10	12:03	12:14
20%	12:43	12:10	12:48	12:32	12:30	12:37
10%	13:45	13:13	14:07	13:42	13:46	15:18