

Norms for Males

Push Ups - 1 minute

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	55	50	43	39
Good	50-54	41-49	33-41	29-38
Fair	46-49	36-40	28-34	23-28
Poor	38-45	29-35	22-27	16-20
Very Poor	17	29	21	15

Chin Ups

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	11	10	8	5
Good	9-10	8-9	6-7	3-4
Fair	7-8	6-7	4-5	2
Poor	3-6	3-5	2-3	1
Very Poor	4	2	1	0

Sit Ups - 1 minute

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	47	43	39	35
Good	43-46	39-42	34-38	28-34
Fair	38-41	35-38	29-33	24-27
Poor	23-37	30-34	24-28	19-23
Very Poor	32	29	23	18

1.5 Mile Run

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	10:16	10:47	11:44	12:51
Good	10:17-10:46	11:45-12:50	12:51-14:00	14:01-15:10
Fair	11:43-12:50	13:15-14:24	15:11-16:20	16:21-17:30
Poor	12:51-13:14	14:25-15:00	16:21-17:00	17:31-18:00
Very Poor	14:14-14:53	15:42-16:44		

Norms for Females

Push Ups - 1 minute

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	40	39	23	23
Good	36-39	25-29	19-22	19-22
Fair	26-29	20-24	12-18	12-18
Poor	20-25	13-19	8-11	8-11
Very Poor	19	12	7	7

Chin Ups

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	4	4	4	4
Good	3	3	3	3
Fair	2	2	2	2
Poor	1	1	1	1
Very Poor	0	0	0	0

Sit Ups - 1 minute

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	44	35	29	24
Good	38-43	29-34	24-28	20-23
Fair	33-37	25-28	20-23	16-19
Poor	23-32	20-24	16-19	10-13
Very Poor	26	19	13	9

1.5 Mile Run

Fitness Category	Age Category			
	20-29	30-39	40-49	50+
Level				
Excellent	12:50	13:43	14:30	15:54
Good	12:51-13:42	14:31-15:53	16:24-17:00	17:51-18:50
Fair	14:25-15:04	15:54-16:50	17:51-18:40	19:41-20:40
Poor	15:21-16:20	16:51-17:50	18:41-19:40	20:41-21:40
Very Poor	16:34-17:15	18:01-18:50		

Nys Physical Fitness Test

Jiyuan Zhang

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

Nys Physical Fitness Test:

Unveiling the Magic of Words: A Report on "**Nys Physical Fitness Test**"

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