

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	14:25-15:34	15:35-16:44
Poor	12:51-13:37	14:25-15:27	16:11-17:02	17:03-18:02
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	23-31	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	16:04-17:08	17:09-18:58
Fair	14:25-15:09	15:54-16:58	17:54-18:58	19:59-21:58
Poor	15:22-16:58	16:59-18:58	19:59-21:58	22:59-24:58
Very Poor	16:34	17:15	18:01	18:50

Nys Physical Fitness Test

ML Morrison

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