		_

# **Norms for Females**

# Push Ups - 1

minute	Chin U

Fitness Category	Apr C	dege			Fitness Categ	ay April
leel	1619	30-39	4049	体	Level	29-29
Exelect Good	55	50 4548	42	33	boles	11
W.	50-54 46-47	36-40	28-34	2328	Good	24
her Yes her	1845	3935	22.27		Very Peer	56

# Push Ups - 1 minute

# Chin Ups

Fitness Category	Apr C	deger		
Leed	20-25	38-39	4041	50+
Localine	40	30	71	23
Good	独胜	25.25	200	1522
fer for	MAN.	25.34 11.84	DAM. A.U.	12/14
Very hor	19	15	7	7

Fitness Cotogory	Apr C	dage		
Level	2029	30-39	440	胁
Exclert	4	4	4	1
Good	1	1	1	
for	2	1	1	1
hor	1	1	1	
in he	1	0	0	0

# Sit Ups - 1 minute

# 1.5 Mile Run

Fitness Category	April C	hyr		
Level	20-29	10.39	40-41	50+
Seelet	0	4)	19	35
Good	44	1942	1434	35.34
loir	3141	15.15	25:11	2427
hw.	2337	30.34	3423	323
hty.her	11	23	23	11

Féresa Cotogory	Apr C	dequ		
Level	2629	3539	4040	\$0+
Egelett	10:14	1047	11:44	12:51
Good	验证 That	級級 拉提	13.14	12.52- 14.14
Súr	11.42- 12.51	12.7F 12.3F	13:15- 34:29	M 23- 15-25
hor	榝	数	16.30 15.41	划
Very Nor	14:14	14:53	15-12	16.44

# Sit Ups - 1 minute

Fitness Cotegory	Apr C	degar		
Level	20.29	3639	4049	50+
Excelent	44	35	3	34
Good	3843	BH	24.1	2023
fgir	12.17	3535	2523	16-79
Page	23-31	26.34	14-19	1919
Yery floor	26	W 1	-13	1

Fitness Category	Age Category			
Level	35.29	35.35	441	50+
trolet	12:50	13:42	14.30	35.56
Good	땞	13504	14-31 15-37	15.55 16.58
feir	14.25 16.25	15-09- 15-37	1534 1638	がか 記述
Peor	15.77- 15.27- 16.23	燈	144 188	17.55 建建
Very Foor	16:34	12:15	18/01	18:50

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