

Minimal Physical Fitness Performance Requirements Chart

TEST MALES AGE	20-29	30-39	40-49	50-59	60 +
Sit and Reach	16.5	15.5	14.3	13.3	12.5
1 Minute Sit-Up	38	35	29	24	19
1 Minute Push-Up	29	24	18	13	10
1.5 Mile Run	12:51	13:36	14:29	15:26	16:43

TEST FEMALES AGE	20-29	30-39	40-49	50-59	60 +
Sit & Reach	19.3	18.3	17.3	16.8	15.5
1 Minute Sit-Up	32	25	20	14	6
1 Minute Push-Up	15	11	9	*12	*5
1.5 Mile Run	15:26	15:57	16:58	17:54	18:44

*Females in excess of 49 years of age may do pushups on their knees.
Normative data for these age groups have not been established.