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| --- | --- | --- |
| **Age 18-29** | **20th percentile** | **35th percentile** |
| 1.5 mile run (male) | 14:06 | 12:53 |
| 1.5 mile run (female) | 16:46 | 15:14 |
| Push-ups (male) | 22 | 27 |
| Push-ups (female) | **17 (mod) 10 (FB)** | **22 (mod) 14 (FB)** |
| Sit-ups in 1 min. (male) | 33 | 37 |
| Sit-ups in 1 min. (female) | 24 | 31 |
| **Age 30-39** | **20th percentile** | **35th percentile** |
| 1.5 mile run (male) | 14:34 | 13:24 |
| 1.5 mile run (female) | 17:38 | 15:58 |
| Push-ups (male) | 17 | 21 |
| Push-ups (female) | **11 (mod) 8 (FB)** | **17 (mod) 10 (FB)** |
| Sit-ups in 1 min. (male) | 30 | 33 |
| Sit-ups in 1 min. (female) | 20 | 24 |
| **Age 40-49** | **20th percentile** | **35th percentile** |
| 1.5 mile run (male) | 15:22 | 14:07 |
| 1.5 mile run (female) | 18:38 | 16:46 |
| Push-ups (male) | 11 | 16 |
| Push-ups (female) | **6 (mod) 6 (FB)** | **11 (mod) 8 (FB)** |
| Sit-ups in 1 min. (male) | 19 | 28 |
| Sit-ups in 1 min. (female) | 14 | 19 |
| **Age 50-59** | **th percentile** | **35th percentile** |
| 1.5 mile run (male) | 16:46 | 15:20 |
| 1.5 mile run (female) | 20:32 | 18:37 |
| Push-ups (male) | 9 | 11 |
| Push-ups (female) | 6 (mod) | 10 (mod) |
| Sit-ups in 1 min. (male) | 19 | 22 |
| Sit-ups in 1 min. (female) | 10 | 12 |
| **Age 60- 69** | **20th percentile** | **35th percentile** |
| 1.5 mile run (male) | 19:10 | 17:11 |
| 1.5 mile run (female) | 22:44 | 20:46 |
| Push-ups (male) | 6 | 9 |
| Push-ups (female) | 2 (mod) | 4 (mod) |
| Sit-ups in 1 min. (male) | 15 | 18 |
| Sit-ups in 1 min. (female) | 3 | 5 |
| **Age 70- 79** | **20th percentile** | **35th percentile** |
| 1.5 mile run (male) | 21:47 | 19:39 |
| 1.5 mile run (female) | 23:46 | 22:20 |
| Push-ups (male) | 6 | 9 |
| Push-ups (female) | 2 (mod) | 4 (mod) |
| Sit-ups in 1 min. (male) | 15 | 18 |
| Sit-ups in 1 min. (female) | 3 | 5 |
| Sit-ups must be performed within 60 seconds, in the proper form. | | |