

BOY'S HEALTHY FITNESS ZONE STANDARDS

AGE	MILE RUN	TRUNK LIFT	SIT & REACH	FLEXED ARM HANG	SHOULDER FLEXION
11	8:30-11:00	9 - 12 in.	20.5 cm.	6 - 13 sec.	Right-Yes/Left-Yes
12	8:00-10:30	9 - 12 in.	20.5 cm.	10 - 15 sec.	Right-Yes/Left-Yes
13	7:30-10:00	9 - 12 in.	20.5 cm.	12 - 17 sec.	Right-Yes/Left-Yes
14	7:00-9:30	9 - 12 in.	20.5 cm.	15 - 20 sec.	Right-Yes/Left-Yes

GIRL'S HEALTHY FITNESS ZONE STANDARDS

AGE	MILE RUN	TRUNK LIFT	SIT & REACH	FLEXED ARM HANG	SHOULDER FLEXION
11	9:00-12:00	9 - 12 in.	25.5 cm.	6 - 12 sec.	Right-Yes/Left-Yes
12	9:00-12:00	9 - 12 in.	25.5 cm.	7 - 12 sec.	Right-Yes/Left-Yes
13	9:00-11:30	9 - 12 in.	25.5 cm.	8 - 12 sec.	Right-Yes/Left-Yes
14	8:30-11:00	9 - 12 in.	25.5 cm.	8 - 12 sec.	Right-Yes/Left-Yes

BOY'S NATIONAL FITNESS STANDARDS - 50th PERCENTILE

AGE	CURL UPS	PULL UPS	SHUTTLE RUN	SIT & REACH	MILE RUN	ARM HANG
11	37	2	11.1 sec.	25 cm.	9:20	11 sec.
12	40	2	10.6 sec.	26 cm.	8:40	12 sec.
13	42	3	10.2 sec.	26 cm.	8:06	14 sec.
14	45	5	9.9 sec.	26 cm.	7:44	20 sec.

GIRL'S NATIONAL FITNESS STANDARDS - 50th PERCENTILE

AGE	CURL UPS	PULL UPS	SHUTTLE RUN	SIT & REACH	MILE RUN	ARM HANG
11	32	1	11.5 sec.	29 cm.	11:17	7 sec.
12	35	1	11.3 sec.	30 cm.	11:05	7 sec.
13	37	1	11.1 sec.	31 cm.	10:23	8 sec.
14	37	1	11.2 sec.	33 cm.	10:06	9 sec.

BOY'S PRESIDENTIAL FITNESS STANDARDS - 85th PERCENTILE

AGE	CURL UPS	PULL UPS	SHUTTLE RUN	SIT & REACH	MILE RUN
11	47	6	10.0 sec.	31 cm.	7:32
12	50	7	9.8 sec.	31 cm.	7:11
13	53	7	9.5 sec.	33 cm.	6:50
14	56	10	9.1 sec.	36 cm.	6:26

GIRL'S PRESIDENTIAL FITNESS STANDARDS - 85th PERCENTILE

AGE	CURL UPS	PULL UPS	SHUTTLE RUN	SIT & REACH	MILE RUN
11	42	3	10.5 sec.	34 cm.	9:02
12	45	2	10.4 sec.	36 cm.	8:23
13	46	2	10.2 sec.	38 cm.	8:13
14	47	2	10.1 sec.	40 cm.	7:59

