

Male Age	Test #1 Push-Ups	Test #2 Sit-Ups	Test #3 1.5 Mile Run
20-29	29	38	12:29
30-39	24	35	12:53
40-49	18	29	13:50
50-59	13	24	15:14
60+	10	19	17:19
Female Age			
20-29	15	32	15:05
30-39	11	25	15:56
40-49	9	20	17:11
50-59	N/A	14	19:10
60+	N/A	6	20:55