

ANNUAL FITNESS TESTING STANDARDS FOR MALES

	Males Age 20 – 29 Years						Males Age 30 – 39 Years						Males Age 40 – 49 Years					
Fitness Rating	GOLD 100	GOLD	SILVER	BRONZE	MINIMUM STANDARD	NEEDS IMPROVEMENT	GOLD 100	GOLD	SILVER	BRONZE	MINIMUM STANDARD	NEEDS IMPROVEMENT	GOLD 100	GOLD	SILVER	BRONZE	MINIMUM STANDARD	NEEDS IMPROVEMENT
Combined Grip (kg)	124	114	94	85	75	<75	127	116	95	85	74	<74	119	108	88	81	70	<70
Push Up (#)	47	41	32	27	23	<23	45	40	30	25	21	<21	37	33	25	19	13	<13
Vertical Jump (Watts)	6205	5817	5043	4656	4269	<4269	6209	5780	4926	4499	4072	<4072	5520	4873	4055	3496	3164	<3164
Pull Up (kg)	1253	1033	597	379	1	0	1138	912	462	237	1	0	1109	877	414	183	1	0
Plank (min:sec)	3:51	3:34	2:46	1:59	1:27	<1:27	3:51	3:34	2:46	1:59	1:27	<1:27	3:51	3:34	2:46	1:59	1:27	<1:27
Beep Test (stage)	11.5	10.0	8.0	7.0	6.0	<6.0	11.0	9.5	7.5	6.5	5.5	<5.5	10.5	9.0	7.0	6.0	5.0	<5.0
V02 max (mL/kg/min)	52.6	49.6	43.6	40.6	37.7	<37.7	51.4	46.6	40.6	38.0	35.2	<35.2	48.4	45.6	40.3	37.6	34.7	<34.7