

MALE NORMS

Body Composition (Percent of Body Fat)

<u>Age</u>	<u>Between</u>
20-39	8.0% - 19.9%
40-59	11.0% - 21.9%
60-79	13.0%-24.9%

Flexibility (Sit and Reach)

<u>Age</u>	<u>More than</u>
18-25	15 inches
26-35	14 inches
36-45	13 inches
46-55	11 inches
56-65	9 inches
66+	9 inches

Muscular Endurance (Sit-Ups)

<u>Age</u>	<u>More than</u>
<20	41
20-29	38
30-39	35
40-49	29
50-59	24
60+	19

Cardiovascular Endurance (1.5 Mile Run)

<u>Age</u>	<u>Faster than</u>
20-29	12 min 29 sec
30-39	12 min 53 sec
40-49	13 min 50 sec
50-59	15 min 14 sec
60-69	17 min 19 sec
70-79	19 min 43 sec

Cardiovascular Endurance (1 Mile Walk)

<u>Age</u>	<u>Faster than</u>
20-29	13 min 01 sec
30-39	13 min 31 sec
40-49	14 min 01 sec
50-59	14 min 25 sec
60-69	15 min 13 sec
70-79	15 min 49 sec

Muscular Strength (Push-Ups)

<u>Age</u>	<u>More than</u>
20-29	29
30-39	24
40-49	18
50-59	13
60+	10

FEMALE NORMS

Body Composition (Percent of Body Fat)

<u>Age</u>	<u>Between</u>
20-39	21.0% - 32.9%
40-59	23.0% - 33.9%
60-79	24.0% - 35.9%

Flexibility (Sit and Reach)

<u>Age</u>	<u>More than</u>
18-25	18 inches
26-35	17 inches
36-45	16 inches
46-55	14 inches
56-65	14 inches
66+	14 inches

Muscular Endurance (Sit-Ups)

<u>Age</u>	<u>More than</u>
<20	32
20-29	32
30-39	25
40-49	20
50-59	14
60+	6

Cardiovascular Endurance (1.5 Mile Run)

<u>Age</u>	<u>Faster than</u>
20-29	15 min 5 sec
30-39	15 min 56 sec
40-49	17 min 11 sec
50-59	19 min 10 sec
60-69	20 min 55 sec
70-79	23 min 47 sec

Cardiovascular Endurance (1 Mile Walk)

<u>Age</u>	<u>Faster than</u>
20-29	14 min 07 sec
30-39	14 min 37 sec
40-49	15 min 07 sec
50-59	15 min 37 sec
60-69	16 min 19 sec
70-79	20 min 01 sec

Muscular Strength (Push-Ups)

Modified

<u>Age</u>	<u>More than</u>
20-29	21
30-39	15
40-49	12
50-59	7
60+	3

Full

<u>Age</u>	<u>More than</u>
20-29	15
30-39	11
40-49	9
50-59	3
60+	2