

HEALTHY YOU FITNESS CENTER

HOME FITNESS TEST NORMS

30 Second Senior Chair Stand Test Norms - SENIOR FITNESS TEST MANUAL, R.E. RIKLI AND C.J. JONES

AGE	10-14		15-19		20-24		25-29		30-34		35-39		40-44		45-49		50-54		55-59		60-64		65-69		70-74		75-79		80-84		85-89		90-94	
% Rank	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M
EXCELLENT	30	32	32	34	34	36	32	34	30	32	28	30	26	28	24	26	22	24	20	22	18	20	16	19	16	18	16	18	15	16	14	15	12	13
GOOD	28	29	30	31	32	33	30	31	28	29	26	27	24	25	22	23	20	21	18	19	16	17	14	16	14	16	13	15	12	13	11	12	9	11
AVERAGE	26	27	28	29	30	31	28	29	26	27	24	25	22	23	20	21	18	19	16	17	14	15	13	14	12	13	12	13	10	11	9	10	7	9
BELOW AVERAGE	23	25	25	27	27	29	25	27	23	25	21	23	19	21	17	19	15	17	13	15	11	13	11	11	10	11	9	10	8	9	7	7	4	7
POOR	20	21	22	23	24	25	22	23	20	21	18	19	16	17	14	15	12	13	10	11	8	9	8	8	7	8	6	7	4	6	4	7	0	3

30 Second Arm Curl Test Norms - SENIOR FITNESS TEST MANUAL, R.E. RIKLI AND C.J. JONES

AGE	10-14		15-19		20-24		25-29		30-34		35-39		40-44		45-49		50-54		55-59		60-64		65-69		70-74		75-79		80-84		85-89		90-94	
% Rank	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M
EXCELLENT	32	35	34	37	36	39	34	37	32	35	30	33	28	31	26	29	24	27	22	25	20	23	19	23	18	22	18	20	16	20	15	17	14	15
GOOD	29	32	31	34	33	36	31	34	29	32	27	30	25	28	23	26	21	24	19	22	17	20	16	20	16	19	15	17	14	17	13	15	12	13
AVERAGE	27	30	29	32	31	34	29	32	27	30	25	28	23	26	21	24	19	22	17	20	15	18	14	17	13	16	13	15	12	15	11	13	10	11
BELOW AVERAGE	24	27	26	29	28	31	26	29	24	27	22	25	20	23	18	21	16	19	14	17	12	15	12	14	11	13	10	12	10	12	9	10	8	9
POOR	21	23	23	25	25	27	23	25	21	23	19	21	17	19	15	17	13	15	11	13	9	11	8	10	8	9	7	9	6	9	6	7	5	6

Sit and Reach Test - THE Y'S WAY TO PHYSICAL FITNESS, L. GOLDING, C. MYERS AND W. SINNING

AGE	18 - 35 YEARS		36 - 45 YEARS		46+ YEARS	
% Rank	F	M	F	M	F	M
EXCELLENT	23	21	23	22	22	20
GOOD	20	17	19	16	18	15
AVERAGE	18	15	17	14	15	13
BELOW AVERAGE	15	12	14	12	11	8
POOR	11	7	10	5	9	5

Three-Minute Step Test - THE Y'S WAY TO PHYSICAL FITNESS, L. GOLDING, C. MYERS AND W. SINNING

AGE	18 - 35 YEARS		36 - 55 YEARS		56 - 85 YEARS	
% Rank	F	M	F	M	F	M
EXCELLENT	90	82	95	88	82	88
GOOD	111	100	116	108	116	103
AVERAGE	120	108	122	117	122	113
BELOW AVERAGE	135	129	134	134	128	122
POOR	154	164	152	158	135	133

Curl-Up Test - THE Y'S WAY TO PHYSICAL FITNESS, L. GOLDING, C. MYERS AND W. SINNING

AGE	
% Rank	
EXCELLENT	> 48
GOOD	36
AVERAGE	24
BELOW AVERAGE	16
POOR	16 <