

Cardiorespiratory Fitness - 12 Mins Run Normative Values

Age	12 min run test (km)					
	Men			Women		
	Below Average	Average	Above Average	Below Average	Average	Above Average
20 – 29	2.02 - 2.37	2.46	2.54 - 2.90	1.82 - 2.12	2.20	2.27 – 2.59
30 – 39	2.01 - 2.32	2.40	2.48 - 2.82	1.75 - 2.04	2.14	2.19 – 2.53
40 – 49	1.95 - 2.22	2.30	2.40 - 2.72	1.70 - 1.96	2.04	2.11 – 2.43

Agility - T-Test Normative Values

T-Test (Seconds)					
Men			Women		
Below Average	Average	Above Average	Below Average	Average	Above Average
≤ 11.5	9.51 – 11.5	≥ 9.5	≤ 12.5	10.51 – 12.5	≥ 10.5

Balance - Single Leg Balance Normative Values

Age	Single Leg Balance (Seconds)					
	Men			Women		
	Below Average	Average	Above Average	Below Average	Average	Above Average
20 – 24	3 – 17	18 – 41	≥ 42	3 – 15	16 – 36	≥ 37
25 – 29	3 – 14	13 – 35	≥ 36	3 – 14	15 – 32	≥ 33
30 – 34	3 – 12	13 – 29	≥ 30	3 – 12	13 – 28	≥ 29
35 – 39	3 – 11	12 – 27	≥ 28	3 – 9	10 – 23	≥ 24
40 – 44	3 – 9	10 -21	≥ 22	3 – 7	8 – 18	≥ 19
45 – 49	3 – 8	9 – 19	≥ 20	2 – 6	7 – 15	≥ 16
50 – 54	3 – 7	8 – 16	≥ 17	2 – 5	6 – 13	≥ 14
54 – 59	2 – 6	7 – 13	≥ 14	2 – 5	6 – 10	≥ 11
60 – 64	1 – 6	7 – 14	≥ 15	1 – 5	6 – 12	≥ 13
65 - 69	1 – 5	6 – 12	≥ 13	1 – 4	5 – 10	≥ 11

Muscular Strength - Push Up Normative Values

Age	Push Up Test (repetitions)					
	Men			Women		
	Below Average	Average	Above Average	Below Average	Average	Above Average
20 – 29	≤ 16	17 -28	≥ 29	≤ 9	10 – 20	≥ 21
30 – 39	≤ 11	12 - 21	≥ 22	≤ 7	8 – 19	≥ 20
40 – 49	≤ 9	10 – 16	≥ 17	≤ 4	5 – 14	≥ 15
50 – 59	≤ 6	7 – 12	≥ 13	≤ 1	2 – 10	≥ 11
60 – 69	≤ 4	5 - 10	≥ 11	≤ 1	2 – 11	≥ 12

Muscular Power - Vertical Jump Normative Values

Age	Vertical Jump Test (cm)					
	Men			Women		
	Below Average	Average	Above Average	Below Average	Average	Above Average
15 – 19	≤ 41	42 – 50	≥ 51	≤ 27	28 – 35	≥ 36
20 – 29	≤ 41	42 – 53	≥ 54	≤ 24	25 – 33	≥ 34
30 – 39	≤ 30	31 – 45	≥ 46	≤ 23	24 – 31	≥ 32
40 – 49	≤ 25	26 – 35	≥ 36	≤ 17	18 – 26	≥ 27
50 – 59	≤ 17	18 – 33	≥ 34	≤ 9	10 – 20	≥ 21
60 – 69	≤ 17	18 – 28	≥ 29	≤ 6	7 – 14	≥ 15