

FITNESS TEST STANDARDS

1. BODY FAT %

Girls: 26 %

Boys: 23 %

2. MILE RUN

Girls: (Age 14) = 10:30 min.

Boys: (Age 14) = 9:30 min.

Girls: (Age 15) = 10:00 min.

Boys: (Age 15) = 9:00 min.

3. CURL UPS (SIT UPS)

Girls: 18 - Minimum / 75 - Max

Boys: 24 - Minimum / 75 - Max

4. TRUNK LIFT

Girls: 9 inches Min. / 12 in. Max.

Boys: 9 inches Min. / 12 in. Max.

5. UPPER BODY STRENGTH (Choose one test)

	<u>*Push Ups</u>	<u>* Pull Ups</u>	<u>* Flexed Arm Hang</u>
Girls:	7 min. / 75 Max	1	8 seconds
Boys: (Age 14)	14 min. / 75 Max	2	15 seconds
(Age 15)	16 min. / 75 Max	3	15 seconds

6. FLEXIBILITY (Choose one test)

- Sit and Reach (Right / Left)

Girls - (Age 14) = 10 in. Min. / 12 in. Max Boys - = 8 inches Min. / 12 in. Max

(Age 15) = 12 in. Min. / 12 in. Max

* Shoulder Stretch -- Touch fingers together behind back – both sides (L / R)