National Fitness Standards

		Age													
Activity	**Gender**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**
BMI	**F**	13.5-16.8	13.4-17.1	13.4-17.6	13.5-18.3	13.7-19.1	14.0-20.0	14.4-20.9	14.8-21.7	15.3-22.6	15.8-23.3	16.3-24.0	16.8-24.7	17.2-25.2	17.6-25.7
BMI	**M**	13.8-16.8	13.7-17.0	13.7-17.4	13.8-18.0	14.0-18.6	14.2-19.4	14.6-20.2	15.0-20.2	15.5-21.9	16.0-22.7	16.6-23.5	17.1-24.2	17.7-24.9	18.2-25.7
Curl-Ups	**F**	23	23	25	29	30	30	32	35	37	37	36	35	34	34
Curl-Ups	**M**	22	22	28	31	32	35	37	40	42	45	45	45	44	44
Pacer - 20 Meter	**F**						7	15	15	23	23	23	32	41	41
Pacer - 20 Meter	**M**						23	23	32	41	41	51	61	61	72
Push-Ups	**F**		3	4	5	6	7	7	8	7	7	7	7	7	7
Push-Ups	**M**		3	4	5	6	7	8	9	10	12	14	16	18	18
Sit and Reach - Inches	**F**	9	9	9	9	9	9	9	9	9.5	9.5	9.5	9.5	9.5	9.5
Sit and Reach - Inches	**M**	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5