

Female Healthy Fitness Zones*

Age	1 AEROBIC CAPACITY		2 ABDOMINAL STRENGTH	3 TRUNK EXTENSION	4 UPPER BODY STRENGTH			5 FLEXIBILITY	6 BODY COMPOSITION	
	Mile Run/Walk V02	Pacer # laps	Curl-Up # completed	Trunk Lift inches	Push-Up # completed	Modified Pull-Up # completed	Flexed Arm Hang seconds	Sit & Reach inches	Body Fat percent	Body Mass Index
9	40.2	17	9	6	6	4	4	9	22.6 – 11.0	19.4 – 14.0
10	40.2	17	12	9	7	4	4	9	24.3 – 11.6	20.3 – 14.3
11	40.2	20	15	9	7	4	6	10	25.7 – 12.2	21.2 – 14.7
12	40.1	23	18	9	7	4	7	10	26.7 – 12.7	22.1 – 15.2
13	39.7	25	18	9	7	4	8	10	27.7 – 13.4	22.9 – 15.7
14	39.4	27	18	9	7	4	8	10	28.5 – 14.0	23.6 – 16.2
15	39.1	30	18	9	7	4	8	12	29.1 – 14.6	24.3 – 16.7
16	38.9	32	18	9	7	4	8	12	29.7 – 15.3	24.8 – 17.1
17	38.8	35	18	9	7	4	8	12	30.4 – 15.9	24.9 – 17.5
17+	38.6	38	18	9	7	4	8	12	31.3 – 16.5	24.9 – 17.8

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Male Healthy Fitness Zones*

Age	1 AEROBIC CAPACITY		2 ABDOMINAL STRENGTH	3 TRUNK EXTENSION	4 UPPER BODY STRENGTH			5 FLEXIBILITY	6 BODY COMPOSITION	
	Mile Run/Walk V02	Pacer # laps	Curl-Up # completed	Trunk Lift inches	Push-Up # completed	Modified Pull-Up # completed	Flexed Arm Hang seconds	Sit & Reach inches	Body Fat percent	Body Mass Index
9	40.2	17	9	6	6	5	4	8	20.6 – 8.7	18.9 – 14.2
10	40.2	17	12	9	7	5	4	8	22.4 – 8.9	19.7 – 14.5
11	40.2	20	15	9	8	6	6	8	23.6 – 8.8	20.5 – 14.9
12	40.3	23	18	9	10	7	10	8	23.6 – 8.4	21.3 – 15.3
13	41.1	29	21	9	12	8	12	8	22.8 – 7.8	22.2 – 15.8
14	42.5	36	24	9	14	9	15	8	21.3 – 7.1	23.0 – 16.4
15	43.6	42	24	9	16	10	15	8	20.1 – 6.6	23.7 – 16.9
16	44.1	47	24	9	18	12	15	8	20.1 – 6.5	24.5 – 17.5
17	44.2	50	24	9	18	14	15	8	20.9 – 6.7	24.9 – 18.1
17+	44.3	54	24	9	18	14	15	8	22.2 – 7.0	24.9 – 18.6

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