

**Table 6.11**  
**SHUTTLE RUN – MALES / FEMALES**  
**RESULTS AND SCORES**

SCORE	AGE 20-29		AGE 30-34		AGE 35-39		AGE 40-49		AGE 50+	
	M	F	M	F	M	F	M	F	M	F
50	≥12	≥9.5	≥11.5	≥9	≥10.5	≥8	≥9	≥6.5	≥7.5	≥5.5
47.5	11.5	9	11	8-8.5	10	7.5	8-8.5	6	7	5
45	11	8-8.5	10.5	7.5	9-9.5	7	7.5	5-5.5	6.5	4.5
42.5	10-10.5	7.5	9.5-10	7	8-8.5	6-6.5	7	4.5	5.5-6	4
40	9-9.5	7	8.5-9	6.5	7.5	5.5	6-6.5	4	5	3.5
37.5	8.5	6.5	8	6	7	5	5.5	3.5	4.5	2.5-3
35	8	6.0	7.5	5-5.5	6.5	4.5	5	3	4	2
30	7.5	5.5	7	4.5	6	4	4.5	2.5	3.5	1.5
25	7	5	6.5	4	5.5	3.5	4	2	3	1
20	6.5	4.5	6.0	3.5	5	3	3.5	1.5	2.5	.5
15	6	4.0	5.5	3	4.5	2.5	3	1	2	---
10	5.5	3.5	5.0	2.5	4	2	2.5	.5	1.5	---
5	5	3	4.5	2.0	3	1.5	2.0	---	1	---

**TABLE 6.1**  
**MALE PUSH-UPS**  
**RESULTS AND SCORES**

<b>SCORE</b>	<b>AGE 20-29</b>	<b>AGE 30-39</b>	<b>AGE 40-49</b>	<b>AGE 50-59</b>	<b>AGE 60+</b>
<b>20</b>	<b>49+</b>	<b>37+</b>	<b>31+</b>	<b>29+</b>	<b>28+</b>
<b>19</b>	<b>48</b>	<b>36</b>	<b>30</b>	<b>28</b>	<b>25-27</b>
<b>18</b>	<b>36-47</b>	<b>30-35</b>	<b>22-29</b>	<b>21-27</b>	<b>18-24</b>
<b>17</b>	<b>32-35</b>	<b>25-29</b>	<b>20-21</b>	<b>15-20</b>	<b>13-17</b>
<b>16</b>	<b>29-31</b>	<b>22-24</b>	<b>17-19</b>	<b>13-14</b>	<b>12</b>
<b>15</b>	<b>27-28</b>	<b>21</b>	<b>16</b>	<b>12</b>	<b>11</b>
<b>14</b>	<b>25-26</b>	<b>20</b>	<b>15</b>	<b>11</b>	<b>10</b>
<b>12</b>	<b>24</b>	<b>19</b>	<b>13-14</b>	<b>10</b>	<b>9</b>
<b>10</b>	<b>21-23</b>	<b>16-18</b>	<b>12</b>	<b>9</b>	<b>7-8</b>
<b>8</b>	<b>18-20</b>	<b>14-15</b>	<b>10-11</b>	<b>7-8</b>	<b>6</b>
<b>6</b>	<b>16-17</b>	<b>11-13</b>	<b>8-9</b>	<b>5-6</b>	<b>4-5</b>
<b>4</b>	<b>11-15</b>	<b>8-10</b>	<b>5-7</b>	<b>4</b>	<b>2-3</b>
<b>2</b>	<b>≤10</b>	<b>≤7</b>	<b>≤4</b>	<b>≤3</b>	<b>≤1</b>

**TABLE 6.2**  
**FEMALE PUSH-UPS**  
**RESULTS AND SCORES**

SCORE	AGE 20-29	AGE 30-39	AGE 40-49	AGE 50-59	AGE 60+
20	38+	37+	33+	31+	31+
19	37	36	32	30	30
18	30-36	27-35	24-31	21-29	17-29
17	24-29	22-26	20-23	15-20	13-16
16	21-23	20-21	15-19	12-14	12
15	20	17-19	14	11	10-11
14	18-19	16	13	10	9
12	16-17	14-15	12	9	6-8
10	14-15	12-13	10-11	5-8	4-5
8	11-13	10-11	7-9	3-4	2-3
6	9-10	7-9	4-6	1-2	≤1
4	5-8	4-6	2-3	---	---
2	≤4	≤3	≤1	---	---

Table 6.5  
**MALE CORE ENDURANCE TEST**  
**RESULTS AND SCORES**

SCORE	AGE 20-29	AGE 30-39	AGE 40-49	AGE 50-59	AGE 60+
20	3:00	3:00	2:45-3:00	2:41-3:00	2:00-3:00
19	2:50-2:59	2:43-2:59	2:30-2:44	2:21-2:40	1:53-1:59
18	2:40-2:49	2:27-2:42	2:10-2:29	2:00-2:20	1:44-1:52
17	2:31-2:39	2:13-2:26	1:55-2:09	1:50-1:59	1:35-1:43
16	2:21-2:30	2:01-2:12	1:39-1:54	1:40-1:49	1:26-1:34
15	2:12-2:20	1:48-2:00	1:23-1:38	1:27-1:39	1:17-1:25
14	2:00-2:11	1:42-1:47	1:19-1:22	1:17-1:26	1:09-1:16
12	1:50-1:59	1:36-1:41	1:14-1:18	1:06-1:16	1:01-1:08
10	1:39-1:49	1:31-1:35	1:10-1:13	0:54-1:05	0:52-1:00
8	1:35-1:38	1:19-1:30	0:59-1:09	0:43-0:53	0:42-0:51
6	1:30-1:34	1:07-1:18	0:45-0:58	0:31-0:42	0:30-0:41
4	1:26-1:29	0:56-1:06	0:32-0:44	0:20-0:30	0:20-0:29
2	≤1:25	≤0:55	≤0:31	≤0:19	≤0:19

Table 6.6  
**FEMALE CORE ENDURANCE TEST**  
**RESULTS AND SCORES**

SCORE	AGE 20-29	AGE 30-39	AGE 40-49	AGE 50-59	AGE 60+
20	3:00	3:00	3:00	2:36-3:00	2:29-3:00
19	2:51-2:59	2:51-2:59	2:46-2:59	2:13-2:35	2:00-2:28
18	2:41-2:50	2:43-2:50	2:33-2:45	1:50-2:12	1:31-1:59
17	2:32-2:40	2:36-2:42	2:20-2:32	1:38-1:49	1:14-1:30
16	2:24-2:31	2:28-2:35	2:07-2:19	1:26-1:37	0:57-1:13
15	2:15-2:23	2:20-2:27	1:54-2:06	1:14-1:25	0:39-0:56
14	2:04-2:14	2:11-2:19	1:43-1:53	1:06-1:13	0:33-0:38
12	1:53-2:03	2:01-2:10	1:32-1:42	0:56-1:05	0:26-0:32
10	1:42-1:52	1:52-2:00	1:20-1:31	0:47-0:55	0:19-0:25
8	1:30-1:41	1:35-1:51	1:08-1:19	0:37-0:46	0:15-0:18
6	1:18-1:29	1:18-1:34	0:55-1:07	0:26-0:36	0:11-0:14
4	1:06-1:17	1:01-1:17	0:42-0:54	0:15-0:25	0:06-0:10
2	≤1:05	≤1:00	≤0:41	≤0:14	≤0:05

Table 6.3  
**MALE TRUNK FORWARD FLEXION**  
 RESULTS (cm) AND SCORES

SCORE	AGE 20-29	AGE 30-39	AGE 40-49	AGE 50-59	AGE 60+
10	45+	44+	41+	42+	45+
9.5	44-44.5	42.1-43.5	39-40.5	40-41.5	40-44.5
9	40-43.5	38-42	37-38.5	37-39.5	36-39.5
8.5	37-39.5	35-37.5	35-36.5	35-36.5	32-35.5
8	34-36.5	33-34.5	32-34.5	33-34.5	29-31.5
7.5	33 - 33.5	32-32.5	29-31.5	30-32.5	26-28.5
7	32-32.5	31-31.5	27-28.5	27-29.5	24-25.5
6	31-31.5	29-30.5	25-26.5	25-26.5	22-23.5
5	29-30.5	27-28.5	23-24.5	22-24.5	18-21.5
4	26-28.5	24-26.5	20-22.5	18-21.5	16-17.5
3	23-25.5	21-23.5	16-19.5	15-17.5	14-15.5
2	18-22.5	17-20.5	12-15.5	12-14.5	11-13.5
1	≤17	≤16.5	≤11.5	≤11.5	≤10.5

Table 6.4  
**FEMALE TRUNK FORWARD FLEXION**  
**RESULTS AND SCORES**

SCORE	AGE 20-29	AGE 30-39	AGE 40-49	AGE 50-59	AGE 60+
10	46+	46+	44+	44+	41+
9.5	45-45.5	45-45.5	42-43.5	42-43.5	39-40.5
9	41-44.5	41-44.5	40-41.5	40-41.5	37-38.5
8.5	39-40.5	38-40.5	38-39.5	38-39.5	35-36.5
8	37-38.5	36-37.5	36-37.5	36-37.5	33-34.5
7.5	36-36.5	35-35.5	34-35.5	34-35.5	31-32.5
7	35-35.5	34-34.5	32-33.5	32-33.5	29-30.5
6	34-34.5	33-33.5	29-31.5	30-31.5	27-28.5
5	32-33.5	31-32.5	26-28.5	28-29.5	25-26.5
4	29-31.5	28-30.5	24-25.5	25-27.5	23-24.5
3	26-28.5	25-27.5	22-23.5	22-24.5	21-22.5
2	22-25.5	21-24.5	19-21.5	19-21.5	18-20.5
1	≤21.5	≤20.5	≤18.5	≤18.5	≤17.5