

4-6 WEEK FITNESS ASSESSMENT TEST RESULTS

JUMP ROPE TEST

Stage	Skips per minute
1	< 71
2	72 - 135
3	136 - 159
4	160 - 199
5	> 200

FOREARM PLANK TEST

Stage	Time
1	15-30 seconds
2	30-60 seconds
3	1-2 minutes
4	2-4 minutes
5	4-6 minutes

WALL-SIT TEST

Gender	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
Male	<25s	25-50s	50-75s	75-100s	>100s
Female	<20s	20-35s	35-45s	45-60s	>60s

PUSH UP TEST (to failure)

Age	Gender	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
< 29	Male	< 17	17 – 21	22 – 28	29 – 35	> 36
< 29	Female	< 10	10 – 14	15 – 20	21 – 29	> 30
30 – 39	Male	< 12	12 – 16	17 – 21	22 – 29	> 30
30 – 39	Female	< 8	8 – 12	13 – 19	20 – 26	> 27
40 – 49	Male	< 10	10 – 12	13 – 16	17 – 24	> 25
40 – 49	Female	< 5	5 – 10	11 – 14	15 – 23	> 24
50 – 59	Male	< 7	7 – 9	10 – 12	13 – 20	> 21
50 – 59	Female	< 2	2 – 6	7 – 10	11 – 20	> 21
60 – 69	Male	< 5	5 – 7	8 – 10	11 – 17	> 18
60 – 69	Female	< 2	2 – 4	5 – 11	12 – 16	> 17

NORMS 60-SECOND SIT-UP TEST (ACSM)

Age	Gender	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
< 29	Male	< 28	28–36	36–41	42–47	> 47
< 29	Female	< 23	23–27	27–33	33–38	> 38
30–39	Male	< 24	24–30	30–35	35–39	> 39
30–39	Female	< 15	15–20	20–25	25–29	> 29
40–49	Male	< 18	18–24	24–29	29–34	> 34
40–49	Female	< 10	10–15	15–20	20–24	> 24
50–59	Male	< 13	13–19	19–24	24–29	> 29
50–59	Female	< 6	6–10	10–15	15–20	> 20
60–69	Male	< 8	8–15	15–18	18–23	> 23
60–69	Female	< 1	1–3	3–7	7–11	> 11

12 MINUTE COOPER RUN

Age	Gender	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
13-14	Male	2100m-	2100-2199m	2200-2399m	2400-2700m	2700m+
13-14	Female	1500m-	1500-1599m	1600-1899m	1900-2000m	2000m+
15-16	Male	2200m-	2200-2299m	2300-2499m	2500-2800m	2800m+
15-16	Female	1600m-	1600-1699m	1700-1999m	2000-2100m	2100m+
17-20	Male	2300m-	2300-2499m	2500-2699m	2700-3000m	3000m+
17-20	Female	1700m-	1700-1799m	1800-2099m	2100-2300m	2300m+
20-29	Male	1600m-	1600-2199m	2200-2399m	2400-2800m	2800m+
20-29	Female	1500m-	1500-1799m	1800-2199m	2200-2700m	2700m+
30-39	Male	1500m-	1500-1899m	1900-2299m	2300-2700m	2700m+
30-39	Female	1400m-	1400-1699m	1700-1999m	2000-2500m	2500m+
40-49	Male	1400m-	1400-1699m	1700-2099m	2100-2500m	2500m+
40-49	Female	1200m-	1200-1499m	1500-1899m	1900-2300m	2300m+
50	Male	1300m-	1300-1599m	1600-1999m	2000-2400m	2400m+
50	Female	1100m-	1100-1399m	1400-1699m	1700-2200m	2200m+