

Fitness Norms

Blood Pressure Norms³

115/75 or less	Excellent
<120/80	Good
120-139/80-89	Prehypertension
140/90	High BP
160/100	Higher risk

Percent Body Fat (%)⁴

Men		Women		
10-15%	20-24	Excellent		
16-20	25-30	Good		
21-24	31-36	Over Wt		
25-30	37-41	Obese		
31% +	42% +	Higher risk		

Weight Norms (BMI)⁴

18.5 – 23.9	Excellent
24.0 – 24.9	Good
25.0 – 29.9	Overweight
30.0 – 34.9	Obese
35.0 or higher	Higher risk

Waist Girth Norms (in)⁶

Men		Women		
32 or less	29 or less	Excellent		
33-36	30-32	Good		
37-39	33-34	Overweight		
40-44	35-40	Obese		
45 or more	41+	Higher risk		

Table 6.2 Age-Gender Norms for Combined Isometric Grip Strength

Rating	GRIP STRENGTH (KG) ⁷											
	15-19 yr		20-29 yr		30-39 yr		40-49 yr		50-59 yr		60-69 yr	
	M	F	M	F	M	F	M	F	M	F	M	F
Excellent	≥108	≥68	≥115	≥70	≥115	≥71	≥108	≥69	≥101	≥61	≥100	≥54
Very good	98-107	60-67	104-114	63-69	104-114	63-70	97-107	61-68	92-100	54-60	91-99	48-53
Good	90-97	53-59	95-103	60-62	95-103	58-62	88-96	54-60	84-91	49-53	84-90	45-47
Fair	79-89	48-52	84-94	52-59	84-94	51-57	80-87	49-53	76-83	45-48	73-83	41-44
Needs improvement	≤78	≤47	≤83	≤51	≤83	≤50	≤79	≤48	≤75	≤44	≤72	≤40

Aerobic Capacity Norms¹ (METs, one MET = 3.5 ml • kg⁻¹ • min⁻¹)

Gender/Age Percentile	Men					Women				
	20-29	30-39	40-49	50-59	60-69	20-29	30-39	40-49	50-59	60-69
Excel 80-100	14.9+	14.5	14.0	12.6	11.7	12.6+	11.7	11.3	9.9	9.4
Good 60-79	13.5	12.6	12.6	11.3	10.3	11.3	10.3	9.9	9.0	8.1
Aver 40-59	12.2	11.7	11.3	10.3	9.4	10.3	9.4	9.0	8.1	7.2
Low 20-39	10.8	10.3	9.9	9.0	8.1	9.0	8.5	8.1	7.2	6.3
High risk 0-19	<10.8	<10.3	<9.9	<9.0	<8.1	<9.0	<8.5	<8.1	<7.2	<6.3

Sit-and-reach Norms² (cm, distance reached with toe line at 26 cm)

Gender/Age Percentile	Men					Women				
	20-29	30-39	40-49	50-59	60-69	20-29	30-39	40-49	50-59	60-69
Excel 80-100	38-42+	37-40+	34-37+	32-37+	30-35+	40-43+	39-42+	37-40+	37-40	34-37+
Good 60-79	33-37	32-36	28-33	27-31	24-29	36-39	35-38	33-36	32-36	30-33
Aver 40-59	29-32	27-31	23-27	22-26	18-23	32-35	31-34	29-32	29-31	26-29
Low 20-39	23-28	21-26	16-22	15-21	14-17	26-31	25-30	24-28	23-28	23-25
At risk 0-19	<23	<21	<16	<15	<14	<26	<25	<24	<23	<23

Push-up Norms³ (number of push-ups completed, continuous without stopping to rest.)

Gender/Age Percentile	Men					Women				
	20-29	30-39	40-49	50-59	60-69	20-29	30-39	40-49	50-59	60-69
Excel 80-100	34+	27+	21+	17+	16+	26	24+	22+	17+	15+
Good 60-79	27-33	21-26	16-20	11-16	10-15	20-25	17-23	14-21	10-16	10-14
Aver 40-59	21-26	16-20	12-15	9-10	7-9	14-19	12-16	10-13	5-9	4-9
Low 20-39	16-20	12-16	8-11	5-8	4-6	9-13	7-11	4-9	1-4	1-3
At risk 0-19	<16	<16	<8	<5	<4	<9	<7	<4	<1	<1

Partial Curl-up Norms³ (number of partial curl-ups completed without resting, one curl-up every 2 seconds)

Gender/Age Percentile	Men					Women				
	20-29	30-39	40-49	50-59	60-69	20-29	30-39	40-49	50-59	60-69
Excel 80-100	56-75	69-75	75	60-75	33-53	45-70	43-55	42-50	30-48	30-50
Good 60-79	31-55	36-68	51-74	35-59	19-32	32-44	28-42	28-41	16-29	19-29
Aver 40-59	24-30	26-35	31-50	23-34	9-18	21-31	15-27	20-27	2-15	9-18
Low 20-39	13-23	13-25	21-30	13-22	1-8	12-20	1-14	5-19	1	1-8
At risk 0-19	<13	<13	<21	<13	0	<12	0	<5	0	0

Squat Test Norms

Men	Age: 18-25	Age: 26-35	Age: 36-45	Age: 46-55	Age: 56-65	Age: 65+	Women	Age: 18-25	Age: 26-35	Age: 36-45	Age: 46-55	Age: 56-65	Age: 65+
	Excellent	>49	>45	>41	>35	>31		>28	Excellent	>43	>39	>33	>27
Good	44-49	40-45	35-41	29-35	25-31	22-28	Good	37-43	33-39	27-33	22-27	18-24	17-23
Above average	39-43	35-39	30-34	25-38	21-24	19-21	Above average	33-36	29-32	23-26	18-21	13-17	14-16
Average	35-38	31-34	27-29	22-24	17-20	15-18	Average	29-32	25-28	19-22	14-17	10-12	11-13
Below Average	31-34	29-30	23-26	18-21	13-16	11-14	Below Average	25-28	21-24	15-18	10-13	7-9	5-10
Poor	25-30	22-28	17-22	13-17	9-12	7-10	Poor	18-24	13-20	7-14	5-9	3-6	2-4
Very Poor	<25	<22	<17	<9	<9	<7	Very Poor	<18	<20	<7	<5	<3	<2