|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| *Fitness Test* | Gender | Age 10 | Age 11 | Age 12 | Age 13 | Age 14 | Age 15 |
| *Back Saver Sit and Reach Left - Inches* | F | 9 | 10 | 10 | 10 | 10 | 12 |
| *Back Saver Sit and Reach Left - Inches* | M | 8 | 8 | 8 | 8 | 8 | 8 |
| *Back Saver Sit and Reach Right - Inches* | F | 9 | 10 | 10 | 10 | 10 | 12 |
| *Back Saver Sit and Reach Right - Inches* | M | 8 | 8 | 8 | 8 | 8 | 8 |
| *BMI*  *(Body Mass Index)* | F | 14.1-19.5 | 14.5-20.4 | 14.9-21.2 | 15.4-22.0 | 15.9-22.8 | 16.4-23.5 |
| *BMI*  *(Body Mass Index)* | M | 14.3-18.9 | 14.6-19.7 | 15.1-20.5 | 15.5-21.3 | 16.1-22.1 | 16.6-22.9 |
| *Curl-Ups with Cadence* | F | 12 | 15 | 18 | 18 | 18 | 18 |
| *Curl-Ups with Cadence* | M | 12 | 15 | 18 | 21 | 24 | 24 |
| *Push-Ups with Cadence* | F | 7 | 7 | 7 | 7 | 7 | 7 |
| *Push-Ups with Cadence* | M | 7 | 8 | 10 | 12 | 14 | 16 |
| *Pacer - 20 Meter* | F | 7 | 15 | 15 | 23 | 23 | 32 |
| *Pacer- 20 Meter* | M | 23 | 23 | 32 | 41 | 41 | 51 |
| *Trunk Lift* | F | 9 | 9 | 9 | 9 | 9 | 9 |
| *Trunk Lift* | M | 9 | 9 | 9 | 9 | 9 | 9 |
| *VO2 Max* | F | 40.2 | 40.2 | 40.1 | 39.7 | 39.4 | 39.1 |
| *VO2 Max* | M | 40.2 | 40.2 | 40.3 | 41.1 | 42.5 | 43.6 |

Fitness Components Measured:

Cardiovascular fitness – 20 meter Pacer Muscular Strength and Endurance – Push ups and curl ups with Cadence

Flexibility