Fitnessgram Health-Related Physical Fitness Standards

		Age								
Activity	**Gender**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**
Back Saver Sit and Reach Left - Inches	**F**	9	9	9	9	9	9	10	10	10
Back Saver Sit and Reach Left - Inches	**M**	8	8	8	8	8	8	8	8	8
Back Saver Sit and Reach Right - Inches	**F**	9	9	9	9	9	9	10	10	10
Back Saver Sit and Reach Right - Inches	**M**	8	8	8	8	8	8	8	8	8
BMI	**F**	13.5-16.8	13.4-17.1	13.4-17.6	13.5-18.3	13.7-19.1	14.0-20.0	14.4-20.9	14.8-21.7	15.3-22.6
BMI	**M**	13.8-16.8	13.7-17.0	13.7-17.4	13.8-18.0	14.0-18.6	14.2-19.4	14.6-20.2	15.0-21.0	15.5-21.9
Curl-Ups with Cadence	**F**	2	2	4	6	9	12	15	18	18
Curl-Ups with Cadence	**M**	2	2	4	6	9	12	15	18	21
Height	**F**									
Height	**M**									
Pacer - 20 Meter	**F**						7	15	15	23
Pacer - 20 Meter	**M**						23	23	32	41
Push-Ups with Cadence	**F**	3	3	4	5	6	7	7	7	7
Push-Ups with Cadence	**M**	3	3	4	5	6	7	8	10	12
Shoulder Stretch Left	**F**	yes	yes	yes	yes	yes	yes	yes	yes	yes
Shoulder Stretch Left	**M**	yes	yes	yes	yes	yes	yes	yes	yes	yes
Shoulder Stretch Right	**F**	yes	yes	yes	yes	yes	yes	yes	yes	yes
Shoulder Stretch Right	**M**	yes	yes	yes	yes	yes	yes	yes	yes	yes
Trunk Lift	**F**	6	6	6	6	6	9	9	9	9
Trunk Lift	**M**	6	6	6	6	6	9	9	9	9
Weight	**F**									
Weight	**M**									