

FITNESS STANDARDS

"A" = 85th Percentile; "B" = 50th Percentile; "C" = 25th Percentile

PUSH-UP

	6 th (F)	7 th (F)	8 th (F)		6 th (M)	7 th (M)	8 th (M)
A	15	20	20		20	25	30
A-	14	18 – 19	18 – 19		18 – 19	23 – 24	27 – 29
B+	13	16 – 17	16 – 17		17	21 – 22	25 – 26
B	11 – 12	14 – 15	14 – 15		15 – 16	18 – 20	22 – 24
B-	10	12 – 13	12 – 13		14	17	20 – 21
C+	9	10 – 11	10 – 11		12 – 13	15 – 16	18 – 19
C	8	8 – 9	8 – 9		11	13 – 14	16 – 17
C-	7	7	7		10	12	14 – 15

CURL-UP

	6 th (F)	7 th (F)	8 th (F)		6 th (M)	7 th (M)	8 th (M)
A	32	32	32		36	40	45
A-	30 – 31	30 – 31	30 – 31		33 – 35	37 – 39	41 – 44
B+	28 – 29	28 – 29	28 – 29		30 – 32	35 – 36	38 – 40
B	26 – 27	26 – 27	26 – 27		27 – 29	32 – 34	35 – 37
B-	24 – 25	24 – 25	24 – 25		25 – 26	30 – 31	33 – 34
C+	22 – 23	22 – 23	22 – 23		23 – 24	27 – 29	30 – 32
C	20 – 21	20 – 21	20 – 21		20 – 22	24 – 26	27 – 29
C-	18 – 19	18 – 19	18 – 19		18 – 19	21 – 23	24 – 26