

Boys					Chose one	
Age	Partial* Curl- Ups (#)	V-Sit Reach (inches)	Rt. Angle Push-	Running (miles)	Jumping Jacks	Jumpin g Rope
6	16	2.75	8	24	50	+5
7	19	2.75	12	24	50	+5
8	24	1.75	13	24	50	+5
9	29	2	15	24	50	+5
10	30	2.5	18	48	75	+5
11	35	2.5	21	48	75	+5
12	48	2.5	25	48	75	+5
13	49	2	27	48	75	+5
14	51	2.75	32	72	75	+5
15	60	3.5	36	72	75	+5
16	55	4.5	37	72	75	+5
17	54	5	45	72	75	+5

Girls					Chose one	
Age	Partial* Curl- Ups (#)	V-Sit Reach (inches)	Rt. Angle Push-	Running (miles)	Jumping Jacks	Jumpin g Rope
6	16	4	8	24	50	+5
7	19	3.5	12	24	50	+5
8	24	3.25	13	24	50	+5
9	29	3.75	15	24	50	+5
10	29	4.5	17	48	75	+5
11	35	4.75	15	48	75	+5
12	40	5.25	15	48	75	+5
13	50	5.25	16	48	75	+5
14	34	6.25	15	72	75	+5
15	32	6.5	18	72	75	+5
16	38	7.25	18	72	75	+5
17	49	6.25	21	72	75	+5