

HANDOUT #1 – OPOTC FITNESS NORMS

Male Fitness Norms

Sit-ups	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Final 50 th percentile	40	36	31	26	20
Initial 15 th percentile	32	28	22	17	13

Push-ups	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Final 50 th percentile	33	27	21	15	15
Initial 15 th percentile	19	15	10	7	5

1.5 Mile Run	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Final 50 th percentile	11:58	12:25	13:11	14:16	15:56
Initial 15 th percentile	14:34	15:13	15:58	17:38	20:12

Female Fitness Norms

Sit-ups	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Final 50 th percentile	35	27	22	17	8
Initial 15 th percentile	23	18	13	7	2

Push-ups	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Final 50 th percentile	18	14	11	13 (modified)	8 (modified)
Initial 15 th percentile	9	7	5	4 (modified)	1 (modified)

1.5 Mile Run	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Final 50 th percentile	14:07	14:34	15:24	17:13	18:52
Initial 15 th percentile	17:49	18:37	19:32	21:31	23:32