

Curl-Up

Male

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Effective Date 01/01/2010

Percentile	Age 13	Age 14	Age 15	Age 16	Age 17+
100	76	79	81	77	73
95	59	62	62	62	61
90	55	58	59	58	57
85	53	56	57	56	55
80	51	54	55	53	53
75	50	52	53	51	51
70	48	51	51	50	50
65	46	49	50	48	48
60	45	48	49	48	46
55	43	47	47	46	45
50	42	45	45	45	44
45	41	44	44	44	43
40	40	42	43	42	41
35	39	41	41	40	40
30	38	40	40	40	40
25	36	39	38	38	38
20	34	37	36	37	36
15	32	35	35	35	35
10	30	33	32	31	32
5	26	28	29	27	27
0	0	0	0	6	1

Female

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Effective Date 01/01/2010

Percentile	Age 13	Age 14	Age 15	Age 16	Age 17+
100	72	72	74	77	67
95	52	53	55	53	53
90	50	49	51	49	47
85	46	47	48	45	44
80	44	45	46	43	41
75	42	43	44	41	40
70	42	42	41	40	38
65	40	41	40	38	37
60	40	40	39	37	36
55	38	39	37	36	35
50	37	37	36	35	34
45	36	36	35	34	33
40	35	35	34	33	31
35	33	34	32	32	30
30	31	32	31	30	30
25	30	31	30	30	28
20	28	30	28	27	25
15	26	28	26	25	25
10	23	25	23	23	22
5	19	20	20	19	19
0	0	0	0	0	0

Right-angle push-ups

Male

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Effective Date 01/01/2010

Percentile	Age 13	Age 14	Age 15	Age 16	Age 17+
95	51	47	50	59	60
90	41	41	44	46	56
85	39	40	42	44	53
80	35	37	40	41	50
75	35	32	37	40	46
70	31	30	35	36	44
65	30	28	34	34	43
60	28	25	32	32	41
55	26	24	31	30	40
50	24	24	30	30	37
45	21	22	30	29	35
40	20	21	27	28	34
35	20	20	25	25	30
30	16	18	25	25	30
25	16	18	24	25	27
20	12	15	21	23	25
15	11	13	20	22	23
10	9	11	18	20	21
5	4	7	15	15	20

Female

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Effective Date 01/01/2010

Percentile	Age 13	Age 14	Age 15	Age 16	Age 17+
95	25	25	34	32	29
90	22	21	23	26	28
85	21	20	20	24	25
80	17	19	20	22	22
75	17	15	20	20	20
70	15	12	18	19	19
65	14	11	18	16	18
60	13	10	16	15	17
55	12	10	15	13	16
50	11	10	15	12	16
45	10	9	15	12	15
40	10	8	13	12	15
35	8	5	11	11	14
30	7	5	11	10	12
25	6	5	11	8	11
20	5	5	10	5	9
15	4	3	7	4	7
10	3	2	5	3	5
5	2	1	2	1	2

Endurance run/walk

Male

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Effective Date 01/01/2010

Percentile	Age 13	Age 14	Age 15	Age 16	Age 17+
100	5:40	4:30	4:42	4:49	4:46
95	6:25	6:01	5:50	5:40	5:35
90	6:39	6:13	6:07	5:56	5:57
85	6:50	6:26	6:20	6:08	6:06
80	7:00	6:33	6:29	6:18	6:14
75	7:11	6:45	6:38	6:25	6:23
70	7:20	6:59	6:48	6:33	6:32
65	7:29	7:09	6:57	6:44	6:40
60	7:41	7:19	7:06	6:50	6:50
55	7:55	7:29	7:16	6:58	6:57
50	8:06	7:44	7:30	7:10	7:04
45	8:17	7:59	7:39	7:20	7:14
40	8:35	8:13	7:52	7:35	7:24
35	8:54	8:30	8:08	7:53	7:35
30	9:10	8:48	8:29	8:09	7:52
25	9:23	9:10	8:49	8:37	8:06
20	10:02	9:35	9:05	8:56	8:25
15	10:39	10:18	9:34	9:22	8:56
10	11:43	11:22	10:10	10:17	9:23
5	12:47	12:11	11:25	11:49	10:15
0	24:12	18:10	21:44	20:15	16:49

Female

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Effective Date 01/01/2010

Percentile	Age 13	Age 14	Age 15	Age 16	Age 17+
100	5:42	5:00	5:51	5:58	6:20
95	7:21	7:20	7:25	7:26	7:22
90	7:49	7:43	7:52	7:55	7:58
85	8:13	7:59	8:08	8:23	8:15
80	8:29	8:20	8:24	8:39	8:34
75	8:49	8:36	8:40	8:50	8:52
70	9:09	8:50	8:55	9:11	9:15
65	9:30	9:09	9:09	9:25	9:33
60	9:50	9:27	9:23	9:48	9:51
55	10:07	9:51	9:37	10:09	10:08
50	10:23	10:06	9:58	10:31	10:22
45	10:57	10:25	10:18	10:58	10:48
40	11:20	10:51	10:40	11:15	11:05
35	11:40	11:10	11:00	11:44	11:20
30	12:00	11:36	11:20	12:08	12:00
25	12:29	11:52	11:48	12:42	12:11
20	13:01	12:18	12:19	13:23	12:40
15	14:10	12:56	13:33	14:16	13:03
10	14:49	14:10	14:13	16:03	14:01
5	16:10	15:44	15:17	18:00	15:14
0	20:45	20:04	24:07	21:00	28:50

