

### 30 Second PUSH UPS STANDARDS

	R	1	2	3	4	4+
Male	< 9	10 - 14	15 - 19	20 - 29	30 - 34	> 35
Female	< 3	4 - 9	10 - 14	15 - 19	20 - 24	> 25

### 30 Second CRUNCHES STANDARDS

	R	1	2	3	4	4+
Male/Female	< 9	10 - 14	15 - 19	20 - 24	25 - 29	> 30

## BEEP TEST STANDARDS

Level	MALE				FEMALE			
	Grade 9	Grade 10	Grade 11	Grade 12	Grade 9	Grade 10	Grade 11	Grade 12
R	< 6	< 6.5	< 7	< 7.5	< 3.5	< 4	< 4	< 4
1	6 - 7.25	6.5 - 7.75	7 - 8.25	7.5 - 8.25	3.5 - 4	4 - 4.75	4 - 4.75	4 - 4.75
2	7.5 - 8.25	8 - 9	8.5 - 9.25	8.5 - 9.25	4.25 - 4.75	5 - 5.25	5 - 5.25	5 - 5.75
3	8.5 - 9.75	9.25 - 10.25	9.5 - 10.25	9.5 - 10.75	5 - 6.25	5.5 - 6.75	5.5 - 6.75	6 - 7.25
4	10 - 10.75	10.5 - 10.75	10.5 - 11.75	11 - 11.75	6.5 - 7.75	7 - 7.75	7 - 8.75	7.5 - 8.75
4+	> 11	> 11	> 12	> 12	> 8	> 8	> 9	> 9

## WALL SQUAT STANDARDS

	R	1	2	3	4	4+
Male	< 30 sec	30 - 57 sec	58 - 75 sec <i>58 - 1:15</i>	76 - 100 sec <i>1:16 - 1:40</i>	100 - 115 sec <i>1:40 - 1:55</i>	> 116 sec <i>2:15.6</i>
Female	< 20 sec	20 - 35 sec	36 - 45 sec	46 - 60 sec	61 - 75 sec <i>1:01 - 1:15</i>	> 76 sec <i>2:16</i>