

## Fitness Measurement Standards Report

Activity	Gender	Ages					
		10	11	12	13	14	15
Back Saver Sit and Reach Left - Inches	F	9	10	10	10	10	12
Back Saver Sit and Reach Right - Inches	F	9	10	10	10	10	12
Curl-ups in 60 seconds	F	25	27	30	31	31	31
One Mile Run	F	12:30	12:00	12:00	11:30	11:00	10:30
Pacer - 20 Meter	F	20	21	27	27	27	32
Push-Ups with Cadence	F	7	7	8	8	9	9