

## Fitness Measurement Standards Report

Activity	Gender	Ages					
		10	11	12	13	14	15
Back Saver Sit and Reach Left - Inches	M	8	8	8	8	8	8
Back Saver Sit and Reach Right - Inches	M	8	8	8	8	8	8
Curl-ups in 60 seconds	M	28	31	35	37	38	39
One Mile Run	M	11:30	11:00	10:30	10:00	9:30	9:00
Pacer - 20 Meter	M	23	23	32	41	41	51
Push-Ups with Cadence	M	7	8	10	12	14	16