

30th Percentile of the Cooper Aerobics Institute's Norms

(1) One-minute Pushups (dynamic strength):

AGE:	20-29	30-39	40-49	50-59	>=60
Females *	20	15	10	9	3
Females +	13	9	7	No Data	No Data
Males:	26	20	15	10	8

* Females are permitted to use the modified position
+ Females performing full body pushups

(2) One-minute Sit-ups (dynamic strength):

AGE:	20-29	30-39	40-49	50-59	>=60
Females	30	22	17	12	4
Males:	35	32	27	21	17

(3) 1.5 Mile Walk/Run (cardiorespiratory fitness):

AGE:	20-29	30-39	40-49	50-59	>=60
Females	15:52	16:38	17:22	18:59	21:20
Males:	13:16	13:46	14:34	15:58	17:38

(4) 300-Meter Run (anaerobic power - measured in seconds):

NOTE: Using a 400 Meter Track the participant will run 3/4 of a Lap in the Inside Lane at the maximum level of effort.

AGE:	20-29	30-39	40-49	50-59	>=60
Females	75	82	107	No Data	No Data
Males:	62	63	77	87	No Data