

## Normative and Descriptive Data for Fitness Tests

Bench Press .....	p. 1
Vertical Jump .....	p. 2
Push-Up .....	p. 3
Sit-Up .....	p. 4
Partial Curl Up .....	p. 4
Sit and Reach .....	p. 5
1 Mile Walk Test .....	p. 5

<b>Relative Strength Norms for 1RM Bench Press</b>						
<i>Men</i>						
Percentile*	Age (years)					
	20-29	30-39	40-49	50-59	60+	
90	1.48	1.24	1.10	0.97	0.89	
80	1.32	1.12	1.00	0.90	0.82	
70	1.22	1.04	0.93	0.84	0.77	
60	1.14	0.98	0.88	0.79	0.72	
50	1.06	0.93	0.84	0.75	0.68	
40	0.99	0.88	0.80	0.71	0.66	
30	0.93	0.83	0.76	0.68	0.63	
20	0.88	0.78	0.72	0.63	0.57	
10	0.80	0.71	0.65	0.57	0.53	
<i>Women</i>						
Percentile*	Age (years)					
	20-29	30-39	40-49	50-59	60-69	70+
90	0.54	0.49	0.46	0.40	0.41	0.44
80	0.49	0.45	0.40	0.37	0.38	0.39
70	0.42	0.42	0.38	0.35	0.36	0.33
60	0.41	0.41	0.37	0.33	0.32	0.31
50	0.40	0.38	0.34	0.31	0.30	0.27
40	0.37	0.37	0.32	0.28	0.29	0.25
30	0.35	0.34	0.30	0.26	0.28	0.24
20	0.33	0.32	0.27	0.23	0.26	0.21
10	0.30	0.27	0.23	0.19	0.25	0.20

\*Descriptors for percentile rankings: 90 = well above average; 70 = above average; 50 = average; 30 = below average; 10 = well below average.

This table is from the NSCA's Essentials of Personal Training, p. 255

### Vertical Jump Descriptive Data\* for Various Groups

Group, sport, or position	Vertical Jump (in)
NCAA Division I college football split ends, strong safeties, offensive and defensive backs	31.5
NCAA Division I college football wide receivers and outside linebackers	31
NCAA Division I football linebackers, tight ends, and safeties	29.5
College basketball players (men)	27-29
NCAA Division I college football quarterbacks	28.5
NCAA Division I college football defensive tackles	28
NCAA Division I college basketball players (men)	28
NCAA Division I college football offensive guards	27
Competitive college athletes (men)	25-25.5
NCAA Division I college football offensive tackles	25-26
Recreational college athletes (men)	24
High school football backs and receivers	24
College baseball players (men)	23
College tennis players (men)	23
High school football linebackers and tight ends	22
College football players	21
College basketball players (women)	21
17-year-old boys	20
High school football lineman	20
NCAA Division II college basketball guards (women)	19
NCAA Division II college basketball forwards (women)	18
NCAA Division II college basketball centers (women)	17.5
Sedentary college students (men)	16-20.5
18- to 34-year-old men	16
Competitive college athletes (women)	16-18.5
College tennis players (women)	15
Recreational college athletes (women)	15-15.5
Sedentary college students (women)	8-14
17-year-old girls	13
18- to 34-year-old sedentary women	8
*The values listed are either means or 50th percentiles (medians). There was considerable variation in sample size among the groups tested. Thus, the data should be regarded as only descriptive, not normative.	
This table is from the NSCA's Essentials of Strength Training and Conditioning - 3rd Edition, p. 278	

**Age-Gender Norms for Push-Up Test (number of repetitions)**

*Men*

Percentile*	Age (years)				
	20-29	30-39	40-49	50-59	60-69
90	41	32	25	24	24
80	34	27	21	17	16
70	30	24	19	14	11
60	27	21	16	11	10
50	24	19	13	10	9
40	21	16	12	9	7
30	18	14	10	7	6
20	16	11	8	5	4
10	11	8	5	4	2

*Women*

Percentile*	Age (years)					
	20-29	30-39	40-49	50-59	60-69	70+
90	31	27	25	19	18	24
80	27	22	21	17	15	17
70	21	20	17	13	13	11
60	19	17	16	12	11	9
50	18	16	14	11	9	7
40	14	13	11	9	6	2
30	13	10	10	6	4	0
20	10	7	8	3	0	0
10	6	1	4	0	0	0

\*Descriptors for percentile rankings: 90 = well above average; 70 = above average; 50 = average; 30 = below average; 10 = well below average.

This table is from the NSCA's Essentials of Personal Training, p. 259

<b>YMCA Norms for the Sit-Up Test (number of repetitions)</b>												
Percentile*	<i>Age</i>											
	18-25		26-35		36-45		46-55		56-65		>65	
<b>Sex</b>	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>
90	77	68	62	54	60	54	61	48	56	44	50	34
80	66	61	56	46	52	44	53	40	49	38	40	32
70	57	57	52	41	45	38	51	36	46	32	35	29
60	52	51	44	37	43	35	44	33	41	27	31	26
50	46	44	38	34	36	31	39	31	36	24	27	2
40	41	38	36	32	32	28	33	28	32	22	24	20
30	37	34	33	28	29	23	29	25	28	18	22	16
20	33	32	30	24	25	20	24	21	24	12	19	11
10	27	25	21	20	21	16	16	13	20	8	12	9

This table is from the NSCA's Essentials of Personal Training, p. 258

<b>Percentiles by Age Group and Gender for Partial Curl-Up</b>											
Percentile*	<i>Age</i>										
	20-29		30-39		40-49		50-59		60-69		
<b>Sex</b>	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>	
90	75	70	75	55	75	50	74	48	53	50	
80	56	45	69	43	75	42	60	30	33	30	
70	41	37	46	34	67	33	45	23	26	24	
60	31	32	36	28	51	28	35	16	19	19	
50	27	27	31	21	39	25	27	9	16	13	
40	23	21	26	15	31	20	23	2	9	9	
30	20	17	19	12	26	14	19	0	6	3	
20	13	12	13	0	21	5	13	0	0	0	
10	4	5	0	0	13	0	0	0	0	0	

\*Descriptors for percentile rankings: 90 = well above average; 70 = above average; 50 = average; 30 = below average; 10 = well below average.

This table is from the NSCA's Essentials of Personal Training, p. 257

**Percentiles by Age Groups and Gender for YMCA Sit and Reach Test (inches)**

Percentile	Age											
	18-25		26-35		36-45		46-55		56-65		>65	
Sex	M	F	M	F	M	F	M	F	M	F	M	F
90	22	24	21	23	21	22	19	21	17	20	17	20
80	20	22	19	21	19	21	17	20	15	19	15	18
70	19	21	17	20	17	19	15	18	13	17	13	17
60	18	20	17	20	16	18	14	17	13	16	12	17
50	17	19	15	19	15	17	13	16	11	15	10	15
40	15	18	14	17	13	16	11	14	9	14	9	14
30	14	17	13	16	13	15	10	14	9	13	8	12
20	13	16	11	15	11	14	9	12	7	11	7	11
10	11	14	9	13	7	12	6	10	5	9	4	9

These norms are based on a yardstick placed so that the "zero" point is set at 15 in. (38 cm).

This table is from the NSCA's Essentials of Personal Training, p. 260

**Norms for the Rockport Walk Test**

<i>Clients aged 30-69 years (min:sec)</i>		
Rating	Males	Females
Excellent	<10:12	<11:40
Good	10:13-11:42	11:41-13:08
High Average	11:43-13:13	13:09-14:36
Low Average	13:14-14:44	14:37-16:04
Fair	14:45-16:23	16:05-17:31
Poor	>16:24	>17:32
<i>Clients aged 18-30 years (min:sec)</i>		
Percentile	Males	Females
90	11:08	11:45
75	11:42	12:49
50	12:38	13:15
25	13:38	14:12
10	14:37	15:03

This table is from the NSCA's Essentials of Personal Training, pp. 253-254