

## ACSM Body Composition (% Body Fat) For Men and Women

Male		AGE			
Fitness Category	20-29	30-39	40-49	50-59	60+
<b>Essential Fat</b>	2 - 5	2 - 5	2 - 5	2 - 5	2 - 5
<b>Excellent</b>	7.1 - 9.3	11.3 - 13.8	13.6 - 16.2	15.3 - 17.8	15.3 - 18.3
<b>Good</b>	9.4 - 14	13.9 - 17.4	16.3 - 19.5	17.9 - 21.2	18.4 - 21.9
<b>Average</b>	14.1 - 17.5	17.5 - 20.4	19.6 - 22.4	21.3 - 24	22 - 25
<b>Below Average</b>	17.4 - 22.5	20.5 - 24.1	22.5 - 26	24.1 - 27.4	25 - 28.4
<b>Poor</b>	>22.4	>24.2	>26.1	>27.5	>28.5

<b>Female</b>		<b>AGE</b>			
<b>Fitness Category</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
<b>Essential Fat</b>	<b>10 - 13</b>	<b>10 - 13</b>	<b>10 - 13</b>	<b>10 - 13</b>	<b>10 - 13</b>
<b>Excellent</b>	<b>14.5 - 17</b>	<b>15.5 - 17.9</b>	<b>18.5 - 21.2</b>	<b>21.6 - 24.9</b>	<b>21.1 - 25</b>
<b>Good</b>	<b>17.1 - 20.5</b>	<b>18 - 21.5</b>	<b>21.3 - 24.8</b>	<b>25 - 28.4</b>	<b>25.1 - 29.2</b>
<b>Average</b>	<b>20.6 - 23.6</b>	<b>21.6 - 24.8</b>	<b>24.9 - 28</b>	<b>28.5 - 31.5</b>	<b>29.3 - 32.4</b>
<b>Below Average</b>	<b>23.7 - 27.6</b>	<b>24.9 - 29.2</b>	<b>28.1 - 32</b>	<b>31.6 - 35.5</b>	<b>32.5 - 36.5</b>
<b>Poor</b>	<b>&gt;27.7</b>	<b>&gt;29.3</b>	<b>&gt;32.1</b>	<b>&gt;35.6</b>	<b>&gt;36.6</b>

## Blood Pressure (Men and Women)

	Acceptable	Borderline	High
Systolic	< 140	140 - 160	> 160
Diastolic	< 85	85 - 95	> 95

# Sit and Reach Flexibility Test (Males)

Age	%	<20	20-29	30-39	40-40	50-59	60+
Superior	99	>24.3	>24.5	>24.0	>22.8	>23.0	>23.0
	95	24.3	24.5	24.0	22.8	23.0	23.0
Excellent	90	24.3	23.8	22.5	21.5	21.5	21.8
	85	22.5	23.0	22.0	21.3	21.0	19.5
	80	22.5	22.5	21.5	20.5	20.3	19.0
Good	75	22.3	22.0	21.0	20.0	20.0	18.0
	70	22.0	21.5	20.5	19.8	19.3	17.5
	65	21.8	21.0	20.3	19.1	19.0	17.5
	60	21.5	20.5	20.0	19.0	18.5	17.0
Fair	55	21.3	20.3	19.5	18.5	18.0	17.0
	50	21.0	20.0	19.0	18.0	17.9	16.4
	45	20.5	19.5	18.5	18.0	17.0	16.1
	40	20.5	19.3	18.3	17.3	16.8	15.5
Poor	35	20.0	19.0	17.8	17.0	16.0	15.2
	30	19.5	18.3	17.3	16.5	15.5	14.4
	25	19.0	17.8	16.8	16.0	15.3	13.6
	20	18.5	17.0	16.5	15.0	14.8	13.0
Very Poor	15	17.8	16.4	15.5	14.0	14.0	11.5
	10	14.5	15.4	14.4	13.0	13.0	11.5
	5	14.5	14.1	12.0	10.5	12.3	9.2
	1	<14.5	<14.1	<12.0	<10.5	<12.3	<9.2

# Sit and Reach Flexibility Test (Females)

Age	%	<20	20-29	30-39	40-49	50-59	60+
Superior	99	>23.4	>23.0	>22.0	>21.3	>20.5	>20.0
	95	23.4	23.0	22.0	21.3	20.5	20
Excellent	90	22.6	21.8	21.0	20.0	19.0	19.0
	85	22.4	21.0	20.0	19.3	18.3	18.0
	80	21.7	20.5	19.5	18.5	17.5	17.3
Good	75	21.4	20.0	19.0	18.0	17.0	16.5
	70	20.7	19.5	18.5	17.5	16.5	15.5
	65	19.8	19.0	18.0	17.0	16.0	15.0
	60	19.0	18.5	17.5	16.3	15.5	14.5
Fair	55	18.7	18.0	17.0	16.0	15.0	14.0
	50	18.0	17.5	16.5	15.3	14.5	13.5
	45	17.3	17.0	16.0	15.0	14.0	13.0
	40	16.5	16.5	15.5	14.3	13.3	12.5
Poor	35	16.0	16.0	15.0	14.0	12.5	12.0
	30	15.5	15.5	14.5	13.3	12.0	11.3
	25	14.1	15.0	13.8	12.5	11.2	10.5
	20	13.2	14.4	13.0	12.0	10.5	10.0
Very Poor	15	11.9	13.5	12.0	11.0	9.7	9.0
	10	10.5	12.3	11.0	10.0	8.5	8.0
	5	9.4	10.5	9.3	8.3	7.0	5.8
	1	<9.4	<10.5	<9.3	<8.3	<7.0	<5.8

## Push Up Test (Men)

Age	17-19	20-29	30-39	40-49	50-59	60+
<b>Excellent</b>	> 56	> 47	> 41	> 34	> 31	> 30
<b>Good</b>	47-56	39-47	34-41	28-34	25-31	24-30
<b>Above aver- age</b>	35-46	30-39	25-33	21-28	18-24	17-23
<b>Average</b>	19-34	17-29	13-24	11-20	9-17	6-16
<b>Below aver- age</b>	11-18	10-16	8-12	6-10	5-8	3-5
<b>Poor</b>	4-10	4-9	2-7	1-5	1-4	1-2
<b>Very Poor</b>	< 4	< 4	< 2	0	0	0

## Push Up Test (Women)

Age	17-19	20-29	30-39	40-49	50-59	60+
<b>Excellent</b>	> 35	> 36	> 37	> 31	> 25	> 23
<b>Good</b>	27-35	30-36	30-37	25-31	21-25	19-23
<b>Above average</b>	21-27	23-29	22-30	18-24	15-20	13-18
<b>Average</b>	11-20	12-22	10-21	8-17	7-14	5-12
<b>Below average</b>	6-10	7-11	5-9	4-7	3-6	2-4
<b>Poor</b>	2-5	2-6	1-4	1-3	1-2	1
<b>Very Poor</b>	<1	<1	0	0	0	0

## Maximal oxygen uptake norms for men (ml/kg/min)

	16-29	30-39	40-49	50-59	60+
	years old	years old	years old	years old	years old
<b>Excellent</b>	> 52.1	> 50.7	> 49	> 44.3	> 41.1
<b>Good</b>	47.4-52	44.3-50.6	48.9-44.3	38.5-44.2	36.3-41
<b>Average</b>	42.6-47.3	41-44.2	39.5-44.2	36.3-39.4	33.1-36.2
<b>Below average</b>	37.9-42.5	36.3-40.9	34.7-39.4	31.5-36.2	28.4-33
<b>Poor</b>	< 37.8	< 36.2	< 34.6	< 31.4	< 28.3



## Maximal oxygen uptake norms for women (ml/kg/min)

	16-29	30-39	40-49	50-59	60+
	years old	years old	years old	years old	years old
<b>Excellent</b>	> 44.3	> 41.1	> 39.5	> 34.7	> 33.1
<b>Good</b>	39.5-44.2	36.3-41	34.7-39.4	31.5-34.6	28.4-33
<b>Average</b>	36.3-39.4	33.1-36.2	31.5-34.6	28.4-31.4	25.2-28.3
<b>Below average</b>	31.5-36.2	30-33	28.4-31.4	25.2-28.3	22-25.1
<b>Poor</b>	< 31.4	< 29.9	< 28.3	< 25.1	< 21.9