



Fitness Testing - Comparative Results

MALE	ABS SIT-UPS Reps per 1 min	LEGS WALL SQUAT HOLD min	UPPER PUSH UPS Reps per 1 min	CORE PLANK HOLD min	BALANCE TEST Secs
EXCELLENT	>33	>1:40	>34	>4	>41
AVERAGE	23-32	1:10-1:39	13-33	1-4	15-40
BELOW AVE	<22	<1:10	<12	<1	<15

FEMALE	ABS SIT-UPS Reps per 1 min	LEGS WALL SQUAT HOLD min	UPPER PUSH UPS Reps per 1 min	CORE PLANK HOLD min	BALANCE TEST Secs
EXCELLENT	>30	>1:40	>30	>4	>41
AVERAGE	20-29	1:10-1:39	10-29	1-4	15-40
BELOW AVE	<20	<1:10	<10	<1	<15