

# FITNESSGRAM

## Standards for Healthy Fitness Zone\*

The *Fitnessgram* uses criterion-referenced standards to evaluate fitness performance. These standards were established by the Cooper Institute for Aerobics Research to represent a level of fitness that offers some degree of protection against diseases that result from sedentary living.

### FEMALES

Age	One Mile min:sec	PACER # laps	VO <sub>2max</sub> *** ml/kg/min	Percent Fat	Body Mass Index	Curl-up # completed
10	12:30 - 9:30	15 - 41	40 - 48	32 - 17	23.5 - 16.6	12 - 26
11	12:00 - 9:00	15 - 41	39 - 47	32 - 17	24 - 16.9	15 - 29
12	12:00 - 9:00	23 - 41	38 - 46	32 - 17	24.5 - 16.9	18 - 32
13	11:30 - 9:00	23 - 51	37 - 45	32 - 17	24.5 - 17.5	18 - 32
14	11:00 - 8:30	23 - 51	36 - 44	32 - 17	25 - 17.5	18 - 32
15	10:30 - 8:00	23 - 51	35 - 43	32 - 17	25 - 17.5	18 - 35
16	10:00 - 8:00	32 - 61	35 - 43	32 - 17	25 - 17.5	18 - 35

Age	Trunk Lift inches	Push-up # completed	Modified Pull-up # completed	Pull-up # completed	Flexed Arm Hang seconds	Back Saver Sit & Reach ** inches	Shoulder Stretch
10	9 - 12	7 - 15	4 - 13	1 - 2	4 - 10	9	Passing = Touching the fingertips together behind the back.
11	9 - 12	7 - 15	4 - 13	1 - 2	6 - 12	10	
12	9 - 12	7 - 15	4 - 13	1 - 2	7 - 12	10	
13	9 - 12	7 - 15	4 - 13	1 - 2	8 - 12	10	
14	9 - 12	7 - 15	4 - 13	1 - 2	8 - 12	10	
15	9 - 12	7 - 15	4 - 13	1 - 2	8 - 12	12	
16	9 - 12	7 - 15	4 - 13	1 - 2	8 - 12	12	

### MALES

Age	One Mile min:sec	PACER # laps	VO <sub>2max</sub> *** ml/kg/min	Percent Fat	Body Mass Index	Curl-up # completed
10	11:30 - 9:00	23 - 61	42 - 52	25 - 10	21 - 15.3	12 - 24
11	11:00 - 8:30	23 - 72	42 - 52	25 - 10	21 - 15.8	15 - 28
12	10:30 - 8:00	32 - 72	42 - 52	25 - 10	22 - 16.0	18 - 36
13	10:00 - 7:30	41 - 72	42 - 52	25 - 10	23 - 16.6	21 - 40
14	9:30 - 7:00	41 - 83	42 - 52	25 - 10	24.5 - 17.5	24 - 45
15	9:00 - 7:00	51 - 94	42 - 52	25 - 10	25 - 18.1	24 - 47
16	8:30 - 7:00	61 - 94	42 - 52	25 - 10	26.5 - 18.5	24 - 47

Age	Trunk Lift inches	Push-up # completed	Modified Pull-up # completed	Pull-up # completed	Flexed Arm Hang seconds	Back Saver Sit & Reach ** inches	Shoulder Stretch
10	9 - 12	7 - 20	5 - 15	1 - 2	4 - 10	8	Passing = Touching the fingertips together behind the back.
11	9 - 12	8 - 20	6 - 17	1 - 3	6 - 13	8	
12	9 - 12	10 - 20	7 - 20	1 - 3	6 - 13	8	
13	9 - 12	12 - 25	8 - 22	1 - 4	12 - 17	8	
14	9 - 12	14 - 30	9 - 25	2 - 5	15 - 20	8	
15	9 - 12	16 - 35	10 - 27	3 - 7	15 - 20	8	
16	9 - 12	18 - 35	12 - 30	5 - 8	15 - 20	8	

\* Number on left is lower end of HFZ; number on right is upper end of HFZ.

\*\* Test scored Pass/Fail; must reach this distance to pass.

\*\*\*Aerobic capacity (VO<sub>2max</sub>) reflects the maximum rate that oxygen can be taken up and utilized by the body during exercise. Aerobic capacity is estimated by age, gender, weight, mile walk time and heart rate at the end of the walk using the Rockport Fitness Walking Test equation.