Fitness Gram Target Scores

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| Pacer |
| Men | Women |
| A=84 + | A = 52 + |
| B = 63 - 83 | B = 38 - 51 |
| C = 41 - 62 | C = 23 - 37 |
| D = 26 - 40 | D = 10 - 22 |
| F = 0 - 25 | F = 0 - 9 |

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| Mile Run |
| Men | Women |
| A = 6:59 - | A = 8:29 - |
| B = 8:15-7:00 | B = 9:45-8:30 |
| C = 9:30-8:16 | C = 11:00-9:46 |
| D = 10:45-9:31 | D = 12:15-11:01 |
| F = 10:46+ | F = 12:16+ |

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| Curl-Ups |
| Men | Women |
| A = 46 + | A = 33 + |
| B = 35 - 45 | B = 26 - 32 |
| C = 27 - 34 | C = 18 - 25 |
| D = 20 - 26 | D = 12 - 17 |
| F = 0 – 19  | F = 0 - 11 |

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| Push-Ups |
| Men | Women |
| A = 31 + | A = 16 + |
| B = 23 - 30 | B = 12 - 15 |
| C = 14 - 22 | C = 8 - 11 |
| D = 10 - 13 | D = 4 - 7 |
| F = 0 - 9 | F = 0 - 3 |

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| Sit & Reach |
| Men | Women |
| A = 12” + | A = 14” + |
| B = 9” - 11” | B = 11” - 13” |
| C = 6” - 8” | C = 8” - 10” |
| D = 3” - 5” | D = 4” - 7” |
| F = 0 - 2” | F = 0 - 3” |

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| Trunk Lift |
| Men | Women |
| A = 13” + | A = 13” + |
| B = 11” - 12 “ | B = 11” - 12 “ |
| C = 9” - 10” | C = 9” - 10” |
| D = 4” - 8” | D = 4” - 8” |
| F = 0 - 3” | F = 0 - 3” |

**Height, Weight and Body Composition will be assessed by the INDIVIDUAL STUDENT**