

40<sup>th</sup> Percentile

Male/Age	Sit-ups	300 Meter Sprint	Push-ups	1.5 mile run
20-29	38	59.0 Seconds	29	12:38
30-39	35	58.9 Seconds	24	13:04
40-49	29	72.0 Seconds	18	13:49
Female/Age	Sit-ups	300 Meter Sprint	Push-ups	1.5 mile run
20-29	32	71.0 Seconds	15	14:50
30-39	25	79.0 Seconds	11	15:38
40-49	20	94.0 Seconds	9	16:21