

# LIFETIME FITNESS TEST OUT

## FITNESS TEST

127 / 150 to PASS

### Cardiovascular Fitness

1.5 Miles Run (70 points)

GIRLS	Points	BOYS
13:30	70	10:45
13:45	65	11:00
14:00	60	11:15
14:15	55	11:30
14:30	50	11:45
14:45	45	12:00
15:00	40	12:15

### Abdominal Strength/Endurance

1 min. Sit ups test (20 points)

GIRLS	Points	BOYS
41	20	51
40	18	50
39	16	49
38	14	48
37	12	47
36	10	46
35	8	45
34	6	44
33	4	43
32	2	42

### Speed

Shuttle Run (20 points)

GIRLS	Points	BOYS
10.5	20	9.4
11	15	9.9
11.5	10	10.4
11.9	5	10.9

### Arm and Shoulder Strength

Flexed Arm Hang (girls) (10 points)

Pull ups (Boys)

GIRLS	Points	BOYS
15 sec	10	10
14	9	9
13	8	8
12	7	7
11	6	6
10	5	5
9	4	4
8	3	3
7	2	2
6	1	1

### Push ups (# max)

(10 points)

GIRLS	Points	BOYS
17	10	36
16	9	35
15	8	34
14	7	33
13	6	32
12	5	31
11	4	30
10	3	29
9	2	28
8	1	27

### Flexibility

Sit & Reach (20 points)

GIRLS	Points	BOYS
39	20	33
36	15	30
33	10	27
30	5	24

