

Fitnessgram Standards for Healthy Fitness Zone

Age	20m pacer (# of laps)		Curl-ups		Push-ups		Sit & Reach (inches)	Trunk Lift (inches)	
10	23	61	12	24	7	20	8	9	12
11	23	72	15	28	8	20	8	9	12
12	32	72	18	36	10	20	8	9	12
13	41	83	21	40	12	25	8	9	12
14	41	83	24	45	14	30	8	9	12
15	51	94	24	47	16	35	8	9	12

Age	20m pacer (# of laps)		Curl-ups		Push-ups		Sit & Reach (inches)	Trunk Lift (inches)	
10	7	41	12	26	7	15	9	9	12
11	15	41	15	29	7	15	10	9	12
12	15	41	18	32	7	15	10	9	12
13	23	51	18	32	7	15	10	8	12
14	23	51	18	32	7	15	10	9	12
15	32	51	18	35	7	15	12	8	12