

Y's Way to Physical Fitness 1989

Physical Fitness Evaluation Profile

Norms—Men 18-25

Name _____ Dates: T1 _____ T2 _____ T3 _____

Rating	% ranking	Resting HR	% fat	3-min step test	PWC max (kgm)	VO ₂ max (mL/kg)	Flexibility	Bench press	Sit-ups
Excellent	100	49	4	70	2350	80	26	45	60
	95	52	6	72	2275	71	22	42	54
	90	55	7	78	2065	63	20	38	50
Good	85	57	8	82	1905	59	20	34	48
	80	60	9	85	1795	55	19	32	46
	75	61	10	88	1705	53	18	30	45
Above average	70	63	11	91	1630	51	18	28	42
	65	64	12	94	1570	49	17	26	41
	60	65	13	97	1515	47	17	25	40
Average	55	67	14	101	1455	46	16	22	38
	50	68	15	102	1400	45	16	22	37
	45	69	16	104	1350	43	15	21	36
Below average	40	71	18	107	1305	41	14	20	34
	35	72	19	110	1260	39	14	17	33
	30	73	20	114	1195	38	13	16	32
Poor	25	76	22	118	1135	35	12	13	30
	20	79	24	121	1090	33	12	12	28
	15	81	26	126	1050	31	10	9	26
Very poor	10	84	28	131	975	29	9	8	24
	5	89	30	137	885	26	7	2	17
	0	95	37	164	850	20	2	0	12

Actual Scores T1 _____ T2 _____ T3 _____

T2 _____

T3 _____

T1 T2 T3

Actual Weight _____

Target Weight _____

Blood Pressure / / /

Your actual weight should be within 10% of your target weight. If your blood pressure exceeds 150/90 it is considered high. Your YMCA Medical Advisory Committee should have guidelines for when blood pressure is too high to continue fitness testing.

Y's Way to Physical Fitness

Physical Fitness Evaluation Profile

Norms—Men 26-35

Name _____ Dates: T1 _____ T2 _____ T3 _____

Rating	% ranking	Resting HR	% fat	3-min step test	PWC max (kgm)	$\dot{V}O_2$ max (mL/kg)	Flexibility	Bench press	Sit-ups
Excellent	100	49	8	73	2300	70	25	43	55
	95	52	10	76	2180	64	22	40	50
	90	54	12	79	1950	58	20	34	46
Good	85	57	13	83	1820	54	19	30	45
	80	60	14	85	1740	52	18	29	42
	75	61	15	88	1665	50	18	26	41
Above average	70	62	16	91	1600	47	17	25	38
	65	64	17	94	1545	46	17	24	37
	60	65	18	97	1485	44	16	22	36
Average	55	66	19	101	1430	42	16	21	34
	50	68	20	103	1375	41	15	20	33
	45	70	21	106	1325	40	15	18	32
Below average	40	72	22	109	1270	39	14	17	30
	35	73	23	113	1225	38	13	14	30
	30	74	24	116	1180	35	12	13	29
Poor	25	77	25	119	1135	34	12	12	28
	20	78	26	122	1080	33	11	10	25
	15	81	28	126	1020	31	10	9	24
Very poor	10	84	30	130	960	28	9	5	21
	5	88	32	140	840	26	7	2	12
	0	94	37	164	780	20	2	0	6

Actual Scores T1 _____ _____ _____ _____ _____ _____ _____ _____
 T2 _____ _____ _____ _____ _____ _____ _____ _____
 T3 _____ _____ _____ _____ _____ _____ _____ _____

 T1 T2 T3
 Actual Weight _____ _____ _____
 Target Weight _____ _____ _____
 Blood Pressure _____ / _____ _____ / _____ _____ / _____

Your actual weight should be within 10% of your target weight. If your blood pressure exceeds 150/90 it is considered high. Your YMCA Medical Advisory Committee should have guidelines for when blood pressure is too high to continue fitness testing.

Y's Way to Physical Fitness

Physical Fitness Evaluation Profile

Norms—Men 36-45

Name _____ Dates: T1 _____ T2 _____ T3 _____

Rating	% ranking	Resting HR	% fat	3-min step test	PWC max (kgm)	$\dot{V}O_2$ max (mL/kg)	Flexibility	Bench press	Sit-ups
Excellent	100	50	10	72	2250	77	24	40	50
	95	53	12	74	2055	60	21	34	46
	90	56	14	81	1815	53	19	30	42
Good	85	60	16	86	1725	49	19	28	40
	80	61	17	90	1640	46	17	25	37
	75	62	18	94	1565	44	17	24	36
Above average	70	64	19	98	1500	42	17	22	34
	65	65	20	100	1440	41	15	21	32
	60	66	21	102	1375	40	15	20	30
Average	55	68	22	105	1325	38	15	18	29
	50	69	23	108	1280	37	14	17	29
	45	70	24	111	1235	35	13	16	28
Below average	40	73	25	113	1190	34	13	14	26
	35	74	26	116	1140	33	11	13	25
	30	76	26	118	1090	32	11	12	24
Poor	25	77	27	120	1045	30	11	10	22
	20	80	28	124	995	28	9	9	20
	15	82	29	128	945	27	9	8	18
Very poor	10	86	30	132	860	25	7	5	16
	5	90	32	142	745	21	5	2	9
	0	96	38	168	700	19	1	0	4

Actual Scores T1 _____ _____ _____ _____ _____ _____ _____ _____
 T2 _____ _____ _____ _____ _____ _____ _____ _____
 T3 _____ _____ _____ _____ _____ _____ _____ _____

 T1 T2 T3
 Actual Weight _____ _____ _____
 Target Weight _____ _____ _____
 Blood Pressure _____ / _____ _____ / _____ _____ / _____

Your actual weight should be within 10% of your target weight. If your blood pressure exceeds 150/90 it is considered high. Your YMCA Medical Advisory Committee should have guidelines for when blood pressure is too high to continue fitness testing.

Y's Way to Physical Fitness

Physical Fitness Evaluation Profile

Norms—Men 46-55

Name _____ Dates: T1 _____ T2 _____ T3 _____

Rating	% ranking	Resting HR	% fat	3-min step test	PWC max (kgm)	$\dot{V}O_2$ max (mL/kg)	Flexibility	Bench press	Sit-ups
Excellent	100	50	12	78	2150	60	23	35	50
	95	53	14	81	1940	54	20	28	41
	90	57	16	84	1645	47	19	24	36
Good	85	59	18	89	1520	43	17	22	33
	80	60	19	93	1450	42	17	21	30
	75	63	20	96	1385	40	16	20	29
Above average	70	64	21	99	1335	38	15	17	28
	65	65	22	101	1285	36	15	16	26
	60	67	23	103	1240	35	14	14	25
Average	55	68	24	109	1205	35	13	13	24
	50	69	24	113	1165	34	12	12	22
	45	71	25	115	1130	32	12	10	22
Below average	40	73	26	118	1090	31	11	10	21
	35	75	27	120	1055	30	10	9	20
	30	76	28	121	1020	29	10	8	18
Poor	25	79	29	124	950	28	9	6	17
	20	80	30	126	935	27	8	5	16
	15	83	31	130	885	26	7	4	13
Very poor	10	85	32	135	830	23	6	2	12
	5	91	34	145	750	22	4	1	8
	0	97	38	158	700	18	1	0	4

Actual Scores T1 _____ _____ _____ _____ _____ _____ _____ _____
 T2 _____ _____ _____ _____ _____ _____ _____ _____
 T3 _____ _____ _____ _____ _____ _____ _____ _____

 T1 T2 T3
 Actual Weight _____ _____ _____
 Target Weight _____ _____ _____
 Blood Pressure _____ / _____ _____ / _____ _____ / _____

Your actual weight should be within 10% of your target weight. If your blood pressure exceeds 150/90 it is considered high. Your YMCA Medical Advisory Committee should have guidelines for when blood pressure is too high to continue fitness testing.

Y's Way to Physical Fitness

Physical Fitness Evaluation Profile

Norms—Men Over 65

Name _____ Dates: T1 _____ T2 _____ T3 _____

Rating	% ranking	Resting HR	% fat	3-min step test	PWC max (kgm)	$\dot{V}O_2$ max (mL/kg)	Flexibility	Bench press	Sit-ups
Excellent	100	50	15	72	1940	50	20	30	40
	95	53	17	74	1405	42	18	20	33
	90	55	18	86	1235	38	17	18	29
Good	85	58	19	89	1175	36	15	14	26
	80	59	20	92	1110	34	14	12	25
	75	61	21	95	1045	33	13	10	22
Above average	70	62	22	97	1015	32	13	10	21
	65	63	22	100	990	30	12	10	21
	60	65	23	102	945	29	11	8	20
Average	55	66	24	104	900	28	11	8	18
	50	69	24	109	870	26	10	6	17
	45	69	25	113	840	25	9	6	16
Below average	40	70	25	114	805	25	9	4	14
	35	71	26	116	765	24	8	4	13
	30	73	27	119	725	22	8	4	12
Poor	25	75	28	122	695	21	7	2	10
	20	77	29	126	665	21	6	2	9
	15	79	30	128	610	20	5	2	8
Very poor	10	83	31	133	555	18	4	0	6
	5	89	33	140	510	17	3	0	4
	0	98	38	152	490	15	0	0	2

Actual Scores T1 _____ _____ _____ _____ _____ _____ _____ _____
 T2 _____ _____ _____ _____ _____ _____ _____ _____
 T3 _____ _____ _____ _____ _____ _____ _____ _____

 T1 T2 T3
 Actual Weight _____ _____ _____
 Target Weight _____ _____ _____
 Blood Pressure _____ / _____ _____ / _____ _____ / _____

Your actual weight should be within 10% of your target weight. If your blood pressure exceeds 150/90 it is considered high. Your YMCA Medical Advisory Committee should have guidelines for when blood pressure is too high to continue fitness testing.

Y's Way to Physical Fitness

Physical Fitness Evaluation Profile

Norms—Women 18-25

Name _____ Dates: T1 _____ T2 _____ T3 _____

Rating	% ranking	Resting HR	% fat	3-min step test	PWC max (kgm)	$\dot{V}O_2$ max (mL/kg)	Flexibility	Bench press	Sit-ups
Excellent	100	54	13	72	1830	71	27	50	55
	95	56	15	79	1640	67	25	42	48
	90	60	17	83	1440	58	24	36	44
Good	85	61	18	88	1320	54	23	32	41
	80	64	19	93	1235	50	22	29	38
	75	65	20	97	1175	48	21	28	37
Above average	70	66	21	100	1120	46	21	25	36
	65	68	22	103	1075	43	20	24	34
	60	69	23	106	1030	42	20	22	33
Average	55	70	24	110	990	41	19	21	32
	50	72	25	112	950	40	19	20	30
	45	73	25	116	915	39	18	18	29
Below average	40	74	26	118	880	37	18	16	28
	35	76	27	122	845	35	17	14	26
	30	78	28	124	810	34	17	13	25
Poor	25	80	29	128	775	32	16	12	24
	20	82	30	133	740	31	15	9	22
	15	84	31	137	705	29	14	8	20
Very poor	10	86	33	142	640	26	13	5	17
	5	90	37	149	555	22	12	2	10
	0	100	43	155	500	18	8	1	4

Actual Scores T1 _____ _____ _____ _____ _____ _____ _____ _____

 T2 _____ _____ _____ _____ _____ _____ _____ _____

 T3 _____ _____ _____ _____ _____ _____ _____ _____

 T1 T2 T3

Actual Weight _____ _____ _____

Target Weight _____ _____ _____

Blood Pressure _____ / _____ _____ / _____ _____ / _____

Your actual weight should be within 10% of your target weight. If your blood pressure exceeds 150/90 it is considered high. Your YMCA Medical Advisory Committee should have guidelines for when blood pressure is too high to continue fitness testing.

Y's Way to Physical Fitness

Physical Fitness Evaluation Profile

Norms—Women 26-35

Name _____ Dates: T1 _____ T2 _____ T3 _____

Rating	% ranking	Resting HR	% fat	3-min step test	PWC max (kgm)	$\dot{V}O_2$ max (mL/kg)	Flexibility	Bench press	Sit-ups
Excellent	100	54	13	72	1800	69	26	48	54
	95	55	15	80	1440	59	24	40	42
	90	59	18	86	1330	54	23	33	40
Good	85	60	19	91	1245	51	22	29	37
	80	63	20	93	1180	48	21	26	34
	75	64	21	97	1115	46	20	25	33
Above average	70	66	22	103	1065	43	20	22	32
	65	67	23	106	1020	42	19	21	30
	60	68	23	110	985	40	19	20	29
Average	55	69	24	112	955	38	18	18	28
	50	70	25	116	925	37	18	17	26
	45	71	26	118	885	35	18	16	25
Below average	40	72	27	121	840	34	17	14	24
	35	74	29	124	805	33	16	13	23
	30	76	30	127	765	31	16	12	21
Poor	25	78	31	129	730	30	15	9	20
	20	80	33	131	695	28	14	8	18
	15	82	35	135	655	26	14	5	16
Very poor	10	84	36	141	600	25	13	2	12
	5	88	39	148	530	22	11	1	2
	0	94	49	154	490	20	8	0	1

Actual Scores T1 _____ _____ _____ _____ _____ _____ _____ _____
 T2 _____ _____ _____ _____ _____ _____ _____ _____
 T3 _____ _____ _____ _____ _____ _____ _____ _____

 T1 T2 T3
 Actual Weight _____ _____ _____
 Target Weight _____ _____ _____
 Blood Pressure _____ / _____ _____ / _____ _____ / _____

Your actual weight should be within 10% of your target weight. If your blood pressure exceeds 150/90 it is considered high. Your YMCA Medical Advisory Committee should have guidelines for when blood pressure is too high to continue fitness testing.

Y's Way to Physical Fitness

Physical Fitness Evaluation Profile

Norms—Women 36-45

Name _____ Dates: T1 _____ T2 _____ T3 _____

Rating	% ranking	Resting HR	% fat	3-min step test	PWC max (kgm)	$\dot{V}O_2$ max (mL/kg)	Flexibility	Bench press	Sit-ups
Excellent	100	54	15	74	1780	66	25	46	50
	95	56	17	80	1360	53	23	32	38
	90	59	19	87	1215	46	22	28	34
Good	85	62	20	93	1135	44	21	25	30
	80	63	21	97	1085	41	20	22	29
	75	64	23	101	1035	39	19	21	27
Above average	70	66	24	104	980	37	19	20	26
	65	68	25	106	925	36	18	18	25
	60	69	26	109	880	34	17	17	24
Average	55	70	27	111	835	33	17	14	22
	50	71	28	114	800	32	16	13	21
	45	72	29	117	765	31	16	12	20
Below average	40	74	30	120	745	30	15	11	18
	35	76	31	122	720	29	15	10	17
	30	78	32	127	695	28	14	9	16
Poor	25	79	33	130	670	26	13	8	14
	20	80	35	135	625	25	12	6	12
	15	82	36	138	575	23	11	4	10
Very poor	10	84	39	143	530	21	10	2	6
	5	88	41	146	490	19	9	1	2
	0	92	48	152	470	18	6	0	1

Actual Scores T1 _____ _____ _____ _____ _____ _____ _____

 T2 _____ _____ _____ _____ _____ _____ _____

 T3 _____ _____ _____ _____ _____ _____ _____

 T1. T2 T3

Actual Weight _____ _____ _____

Target Weight _____ _____ _____

Blood Pressure _____ / _____ _____ / _____ _____ / _____

Your actual weight should be within 10% of your target weight. If your blood pressure exceeds 150/90 it is considered high. Your YMCA Medical Advisory Committee should have guidelines for when blood pressure is too high to continue fitness testing.

Y's Way to Physical Fitness

Physical Fitness Evaluation Profile

Norms—Women 46-55

Name _____ Dates: T1 _____ T2 _____ T3 _____

Rating	% ranking	Resting HR	% fat	3-min step test	PWC max (kgm)	$\dot{V}O_2$ max (mL/kg)	Flexibility	Bench press	Sit-ups
Excellent	100	54	18	76	1700	64	24	42	42
	95	56	19	88	1245	48	22	30	30
	90	60	22	93	1130	42	21	26	28
Good	85	61	23	96	1045	39	20	22	25
	80	64	24	100	980	36	19	21	24
	75	65	25	102	930	35	18	20	22
Above average	70	66	26	106	885	33	18	17	21
	65	68	27	111	850	32	17	14	20
	60	69	28	113	815	31	17	13	18
Average	55	70	29	117	790	30	16	12	17
	50	72	30	118	760	29	16	11	16
	45	73	31	120	730	28	15	10	14
Below average	40	74	32	121	700	27	15	9	13
	35	76	33	124	670	26	14	8	12
	30	77	34	126	640	25	14	6	10
Poor	25	78	36	127	610	24	13	5	9
	20	81	37	131	585	23	12	4	8
	15	84	38	133	545	21	11	2	6
Very poor	10	85	40	138	495	19	10	1	4
	5	90	42	147	430	18	8	0	1
	0	96	49	152	400	16	4	0	0

Actual Scores T1 _____ _____ _____ _____ _____ _____ _____ _____
 T2 _____ _____ _____ _____ _____ _____ _____ _____
 T3 _____ _____ _____ _____ _____ _____ _____ _____

 T1 T2 T3
 Actual Weight _____ _____ _____
 Target Weight _____ _____ _____
 Blood Pressure _____ / _____ _____ / _____ _____ / _____

Your actual weight should be within 10% of your target weight. If your blood pressure exceeds 150/90 it is considered high. Your YMCA Medical Advisory Committee should have guidelines for when blood pressure is too high to continue fitness testing.

Y's Way to Physical Fitness

Physical Fitness Evaluation Profile

Norms—Women 56-65

Name _____ Dates: T1 _____ T2 _____ T3 _____

Rating	% ranking	Resting HR	% fat	3-min step test	PWC max (kgm)	$\dot{V}O_2$ max (mL/kg)	Flexibility	Bench press	Sit-ups
Excellent	100	54	18	74	1650	57	23	34	38
	95	56	20	83	1165	43	21	30	29
	90	59	23	92	1015	38	20	22	25
Good	85	61	24	97	970	36	19	20	21
	80	63	25	99	895	34	18	18	20
	75	64	26	103	840	32	18	16	18
Above average	70	67	28	106	790	31	17	15	17
	65	68	29	109	750	30	17	14	14
	60	69	30	111	720	28	16	12	13
Average	55	71	31	113	690	27	15	10	12
	50	72	32	116	660	26	15	9	11
	45	73	33	117	635	25	15	8	10
Below average	40	75	34	119	605	24	14	7	9
	35	76	35	123	575	23	13	6	8
	30	77	36	127	550	22	13	4	7
Poor	25	79	36	129	530	21	12	3	6
	20	80	37	132	510	20	11	2	5
	15	81	38	136	475	19	10	1	4
Very poor	10	85	39	142	420	17	9	0	2
	5	89	42	148	355	15	7	0	1
	0	96	46	151	340	14	3	0	0

Actual Scores T1 _____ T2 _____ T3 _____

T1 _____ T2 _____ T3 _____

T1 _____ T2 _____ T3 _____

T1. T2 T3

Actual Weight _____

Target Weight _____

Blood Pressure / / /

Your actual weight should be within 10% of your target weight. If your blood pressure exceeds 150/90 it is considered high. Your YMCA Medical Advisory Committee should have guidelines for when blood pressure is too high to continue fitness testing.

Y's Way to Physical Fitness

Physical Fitness Evaluation Profile

Norms—Women Over 65

Name _____ Dates: T1 _____ T2 _____ T3 _____

Rating	% ranking	Resting HR	% fat	3-min step test	PWC max (kgm)	$\dot{V}O_2$ max (mL/kg)	Flexibility	Bench press	Sit-ups
Excellent	100	54	16	73	1190	51	22	26	36
	95	56	17	83	860	39	21	22	26
	90	59	18	86	820	33	20	18	24
Good	85	60	22	93	725	31	19	14	22
	80	62	23	97	665	30	18	13	20
	75	64	25	100	640	28	18	12	18
Above average	70	66	27	104	610	27	17	11	16
	65	67	28	108	585	26	17	10	15
	60	68	29	114	560	25	16	9	14
Average	55	70	30	117	540	24	15	8	13
	50	71	31	120	525	23	15	6	12
	45	72	32	121	510	22	14	5	11
Below average	40	73	33	123	495	22	13	4	10
	35	75	34	126	480	21	13	3	8
	30	76	35	127	470	20	12	2	6
Poor	25	79	36	129	460	18	11	2	4
	20	80	37	132	425	17	10	1	3
	15	84	38	134	395	17	9	0	2
Very poor	10	88	39	135	370	16	8	0	1
	5	91	40	149	340	15	6	0	0
	0	96	44	151	320	14	2	0	0

Actual Scores T1 _____ _____ _____ _____ _____ _____ _____ _____

 T2 _____ _____ _____ _____ _____ _____ _____ _____

 T3 _____ _____ _____ _____ _____ _____ _____ _____

 T1 T2 T3

Actual Weight _____ _____ _____

Target Weight _____ _____ _____

Blood Pressure _____ / _____ _____ / _____ _____ / _____

Your actual weight should be within 10% of your target weight. If your blood pressure exceeds 150/90 it is considered high. Your YMCA Medical Advisory Committee should have guidelines for when blood pressure is too high to continue fitness testing.