Cooper's Fitness Standards by Age Group and Gender

Blue = Fitness Standards for Males, Pink = Fitness Standards for Females

% 40	20-29	30-39	40-49	50-59	60-69	70-79
One Minute Sit Ups	41	35	29	24	19	19
	32	25	20	14	6	-
One Minute Push Ups	29	24	18	13	10	10
	23	19	13	12	5	-
Vertical Jump (inches)	20.0	18.6	15.5	13.5	-	-
	14.0	12.0	9.6	-	-	-
Sit and Reach (inches)	16.5	15.5	14.3	13.3	12.5	11.0
	19.3	18.3	17.3	16.8	15.5	-
1.5 Mile Run (timed)	12:38	13:05	13:55	15:20	16:30	18:38
	14:30	15:23	16:10	18:10	20:06	-