

1 Minute Sit Up Test (Women)

| Age | 18-25 | 26-35 | 36-45 | 46-55 | 56-65 | 65+ |
|----------------------|--------------|--------------|--------------|--------------|--------------|------------|
| Excellent | >43 | >39 | >33 | >27 | >24 | >23 |
| Good | 37-43 | 33-39 | 27-33 | 22-27 | 18-24 | 17-23 |
| Above average | 33-36 | 29-32 | 23-26 | 18-21 | 13-17 | 14-16 |
| Average | 29-32 | 25-28 | 19-22 | 14-17 | 10-12 | 11-13 |
| Below Average | 25-28 | 21-24 | 15-18 | 10-13 | 7-9 | 5-10 |
| Poor | 18-24 | 13-20 | 7-14 | 5-9 | 3-6 | 2-4 |
| Very Poor | <18 | <20 | <7 | <5 | <3 | <2 |

1 Minute Sit Up Test (Men)

| Age | 18-25 | 26-35 | 36-45 | 46-55 | 56-65 | 65+ |
|----------------------|--------------|--------------|--------------|--------------|--------------|------------|
| Excellent | >49 | >45 | >41 | >35 | >31 | >28 |
| Good | 44-49 | 40-45 | 35-41 | 29-35 | 25-31 | 22-28 |
| Above average | 39-43 | 35-39 | 30-34 | 25-28 | 21-24 | 19-21 |
| Average | 35-38 | 31-34 | 27-29 | 22-24 | 17-20 | 15-18 |
| Below Average | 31-34 | 29-30 | 23-26 | 18-21 | 13-16 | 11-14 |
| Poor | 25-30 | 22-28 | 17-22 | 13-17 | 9-12 | 7-10 |
| Very Poor | <25 | <22 | <17 | <9 | <9 | <7 |