

### 1 Minute Sit Up Test (Men)

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

### 1 Minute Sit Up Test (Women)

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

Source: adapted from Golding, et al. (1986). The Y's way to physical fitness (3rd ed.)