

**#5 Flexibility**  
*Sit and Reach - inches*

Age	Male	Female
< 20	16.5	20.5
20-29	16.5	19.3
30-39	15.5	18.3
40-49	14.3	17.3
50-59	13.3	16.8
60+	12.5	15.5

EXIT  
STANDARDS



**Aerobic Power**  
*1.5 Mile Run - 60th Percentile/Cooper*

Male		Female	
Age	Time	Age	Time
< 20	11:27	< 20	13:25
20-29	11:27	20-29	13:25
30-39	11:49	30-39	14:33
40-49	12:25	40-49	15:17
50-59	13:53	50-59	17:18
60 +	15:20	60 +	18:52

**Anaerobic Power**  
*300 meter Run*

Age	Male	Female
< 20	54.0	61.0
20-29	54.0	61.0
30-39	55.0	71.0
40-49	64.0	79.0
50-59	74.0	79.0
60+	74.0	79.0