



PUNONGHIMPILAN TANOD BAYBAYIN NG PILIPINAS
(Headquarters, Philippine Coast Guard)
139 25th Street, Port Area
1018 Manila

31 October 2015

HPCG
STANDING OPERATING PROCEDURE
NUMBER 11-15

PCG STANDARD PHYSICAL FITNESS TEST

1. REFERENCES:

- A. GHQ SOP Nr 2 dtd 04 March 2014, AFP Physical Fitness Program.
- B. NHQ. PNP Memo Circular Nr. 2014-01 dtd 15 January 15 2014, PNP Integrated Health and Physical Fitness Program
- C. HPCG SOP Nr. 10-10 dtd 25 May 2010, PCG Standard Physical Fitness Test.

2. OBJECTIVE: To provide a common standard in the conduct of Physical Fitness Test in the PCG and provide programs that would help in the development and improvement of physical fitness and overall wellness.

3. SCOPE: This SOP applies to all members of the PCG and individuals applying in the Coast Guard service.

4. DEFINITION OF TERMS:

Physical Fitness Test (PFT) – is a set of physical exercises used as a standard capacity of one's skill to function effectively in physical work, training and other activities. Physical fitness as one of the foundation of operational readiness must be maintained as an integral part of a Coast Guardian.

Regular PFT – is the standard physical fitness test conducted by the Office of the Coast Guard Special Service (O/CGSS) at a specified period as an evaluation of the individual's ability to perform physical work, training and Coast Guard service.

Special PFT – is the physical fitness test, utilizing the PFT Assessment Standard, conducted to officers who are considered for promotion in the PCG and enlisted personnel who are considered for promotion and reenlistment.

Remedial PFT - is the physical fitness test, utilizing the PFT Assessment Standard, conducted to individuals who failed in the regular or special PFT.

Body Mass Index (BMI) – a weight to height ratio, used to determine if an individual is underweight, normal, overweight or obese. Being overweight and obese is a significant contributor to health problems. It also increases the risk of developing a number of diseases.

Regular PFT – PFT conducted on a quarterly schedule (January, April, July and October) of each year to monitor the overall fitness, health and well-being of all PCG Personnel.

Special PFT – PFT conducted to officers due for promotion and enlisted personnel, who are likewise due for promotion and re-enlistment.

Remedial PFT – PFT conducted to PCG Personnel who failed the regular or special PFT.

PCG PFT Standard – A table of scores (repetitions) used by the Office of the Coast Guard Special Service for determining if a PCG Personnel has passed or failed the PFT. It contains the minimum requirements per event based on the gender and age group of the examinee. (ANNEX B)

5. POLICIES:

A. As a member of the Philippine Coast Guard, which is tasked with the safeguarding of the coastal waters of the Philippines, maintaining a high level of physical fitness is the 1st pre-requisite to be capable and competent in order to meet the physical demands of being a Coast Guard.

B. The Physical Fitness Test (PFT) shall be conducted to all PCG Personnel and PCG Applicants aspiring to be part of the Philippine Coast Guard.

C. The PFT is composed of five (5) events: determining BMI, 3.2 km run (17-35 years old)/ 2 km run (36-44 years old)/1km run (45 years old-up), 2 minute push-ups, 2 minute sit-ups and sit and reach.

D. Regular, Remedial and Special PFT of PCG Personnel assigned at offices/units within Manila Area will be conducted and supervised by Office of the Coast Guard Special Service personnel.

E. For PCG Personnel assigned at different PCG Districts, their respective Special Service Officers (SSO's) shall be responsible for the conduct and supervision of the regular and remedial PFT. Results of the PFT must be submitted at the Office of the Coast Guard Special Service not later than one (1) week after the conduct of the PFT.

F. Special PFT of Officers assigned at PCG Districts will likewise be conducted by Office of the Coast Guard Special Service personnel and supervised by any member of the Board of Senior Officers (BOSO). The designated supervisor from the BOSO/ Selection Board shall sign the individual PFT Score Sheet certifying that she /he personally supervised the conduct of Physical Fitness Test.

G. PCG Personnel assigned within Manila area, only PFT conducted and supervised by the Office of the Coast Guard Special Service Personnel will be honored/accepted for promotion or re-enlistment.

H. PFT conducted by Coast Guard Education and Training Command to officers and enlisted personnel that are on schooling will not be honored/accepted as supporting document for promotion or re-enlistment unless supervised by Office of the Coast Guard Special Service Personnel.

I. If a PCG Personnel who is to undergo regular or special PFT has a BMI of 30 and up (obese), to prevent further injuries and risks, he/she is not allowed to perform the PFT, instead he/she must seek fitness advice from the Office of the Coast Guard Special Service and nutritional advice from the Coast Guard Medical Service on how to lose weight properly. They may only perform the PFT upon recommendation of Coast Guard Medical Service and Office of the Coast Guard Special Service as fit to perform the PFT.

J. Procedures

1. PCG Personnel who are required to undergo Regular or Special Physical Fitness Test must submit to the Office of the Coast Guard Special Service a photocopy of their Medical Clearance from Coast Guard Medical Service stating that they are fit to perform the PFT.
2. Upon submission of the medical certificate, a PFT form will be given by the Office of the Coast Guard Special Service. This PFT form includes all personal details to be filled up by the PCG Personnel who will perform the PFT. He/She will then bring the PFT Form on the actual PFT day.
3. The conduct of the PFT is started by determining the individual's BMI, followed by the 3.2km/2km/1km run, 2 minute push-ups, 2 minute sit-ups and lastly the sit and reach. (see ANNEX A)
4. The minimum requirements per PFT event for male and female PCG personnel of different age groups is shown on ANNEX B.
5. A PFT Certificate, signed by the Coast Guard Special Service Officer will be issued only to those who passed the PFT indicating the performer's score per event.
6. The PFT Certificate is a required supporting document for deliberations in promotion, re-enlistment and service career schooling.

K. Frequency of Test

1. Regular PFT for all personnel is conducted quarterly: January, April, July and October. PFT results are recorded for monitoring to ensure that the minimum physical fitness requirements are being maintained.
2. Special PFT shall be conducted as directed by Higher Headquarters.

L. Physical Fitness Waiver

All PCG Personnel must take the Physical Fitness Test (Regular/Special/Remedial) except those who fall under the following conditions:

1. Personnel with certain medical deficiency and/or permanent/partial disabilities due to disease, wound or injury sustained in line of duty or confined in hospital. However, they shall take the PFT after their confinement or after the expiration of his/her medical certificate, unless duly given a waiver to be incapable of performing any strenuous physical fitness activity, duly signed by the Command Surgeon, PCG.
2. Pregnant female personnel who have a medical certificate of their current health condition duly signed by the Command Surgeon, Coast Guard Medical Service.
3. Personnel who are engaged in actual operation or underway on a mission aboard ship, in which case, they shall take the PFT upon termination of such activity.

M. Physical Fitness Test Scores/Remarks

1. Physical Fitness Test Results will be categorized into:

Excellent – PFT score is equivalent to 91-100%

Very Satisfactory – PFT score is equivalent to 76-90%

Satisfactory – PFT score is equivalent to 60-75%

Fail/ Needs Improvement – PFT score is equivalent to or below 59 %
2. PCG Personnel who earned the highest scores in the Regular PFT in their respective age groups will be recommended for special awards.

N. Unsatisfactory Performance:

1. PCG Personnel who fails the regular and special PFT are allowed to undergo a maximum of two (2) remedial PFT fifteen (15) days after the scheduled regular and special PFT.
2. Individuals who failed the regular and special PFT is required to comply physical training sessions to be supervised by Office of the Coast Guard Special Service personnel in preparation for the PFT remedial.
3. For remedial PFT, the examinee shall again perform all the five (5) events following the initial PFT failure.

O. Sanctions and Penalties:

PCG Personnel who fails to meet the minimum requirements after the final remedial PFT shall be imposed corresponding sanction and penalties namely:

1. For officers, he/she shall be referred to the appropriate Efficiency and Separation Board (ESB) to determine his/her fitness to remain in the service.
2. For enlisted personnel, he/she shall not be recommended for reenlistment/promotion.
3. For Special PFT, failure to pass the Remedial PFT shall be a ground for deferment for the officer's promotion. While for enlisted personnel, shall be a ground for deferment of promotion and denial for reenlistment.

P. Validity of PFT:

The validity of PFT results is as follows:

1. For officers and enlisted personnel – six (6) months from the date of test.
2. Regular PFT taken within one (1) month prior to the scheduled Special PFT shall be considered as a valid Special PFT.

6. RESPONSIBILITY:

- a. The Office of the Coast Guard Special Service is the designated staff in the implementation of this SOP.
- a. Commanding Officers of units, heads of offices and chairmen of created PCG Boards requiring the submission of PFT shall be responsible in the compliance of this SOP as required by their respective functions.
- b. Other than the periodic requirement for Physical Fitness Test, Office of the Coast Guard Special Service shall be responsible for the conduct and issuance of physical fitness test clearances.

7. RESCISSION:

All other pertinent publications in conflict with this SOP are hereby rescinded.

8. EFFECTIVITY:

This SOP takes effect upon publication.

a. 2. Running

The 3.2 km/ 2km/ 1km run is intended to measure cardio-vascular endurance. The run is started by:

Step 1: The individual or group stands behind the starting line.

Step 2: On the "Ready, Go!" the individual or group runs on the road along the pre-determined route covering the required distance. His/her time is taken after crossing the finish line. Walking is permitted. The individual is allowed to be paced by another runner. However, the individual should never be touched or pushed by anybody.



a. 3. Two (2) Minutes Push-up

The push-up is intended to measure upper body muscular endurance. The push-up is done by:

Step 1: Female: Kneel on the floor and place your hands on the floor about shoulder-width apart. Make sure your body is straight from head to back of knees.

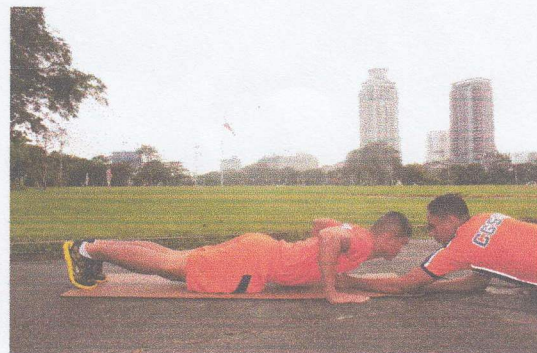
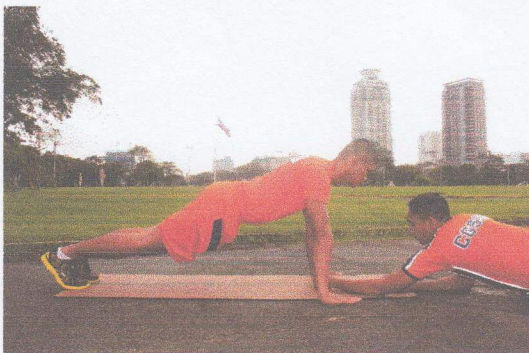
Male: Kneel on the floor and place your hands on the floor about shoulder-width apart. Lift your knees off the floor and balance your weight on your hands and feet in a traditional push-up position.

Step 2: Inhale and lower your torso to the floor by bending your elbows, allowing them to flare/slightly flare out to the sides. Keep your body in a straight line from your shoulders to your ankles. Do not allow your hips to sag or rise.

Step 3: Continue lowering your body until your upper arms are parallel to the floor, chest at one-fist distance from the floor and your elbows are bent 90 degrees.

Step 4: Exhale and press back up until your arms are fully extended. Repeat at a quick pace. Count the total repetitions you complete in two minutes.

No push-up shall be counted if the individual fails to do the following: keep his/her body straight from head to heels (for male)/head to knees (for female), lower the body or observe one-fist distance from the ground and extend fully his/her arms and return to starting position.



MALE



FEMALE

a. 4. Two (2) Minutes Bent Leg Sit-up

The Sit-up is intended to measure the muscular strength and endurance of the mid-body section. The sit-up is done by:

Step 1: Lie on your back with your knees bent and feet flat on the floor. Bend your arms, with your fingertips touching your ears.

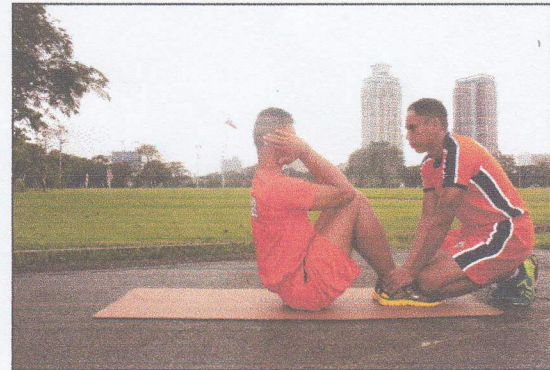
Step 2: Tighten your abdominal muscles, gently by drawing in your belly button to your spine.

Step 3: Keeping your heels on the ground and your toes flat on the floor, slowly and gently lift your head first.

Step 5: Focus your eyes on your bent knees, all the while gently contracting the abdominal muscles, pull up the floor until your elbows are on, or past the knees.

Step 6: Hold the position for a second, slowly bringing the torso back to the floor but try to keep it slightly elevated off the ground making a slight, relaxed arch. Count the repetitions in two (2) minutes.

No bent leg sit-up shall be counted when the individual fails to do the following: keep his/her fingertips touching his/her ears. Touch his/her knees/front thighs with his/her elbows and lower his/her back and touch the floor upon touching the knees/thighs.



MALE



FEMALE

a. 5. Sit and Reach

The Sit and Reach is intended to measure flexibility. The Sit and Reach is done by:

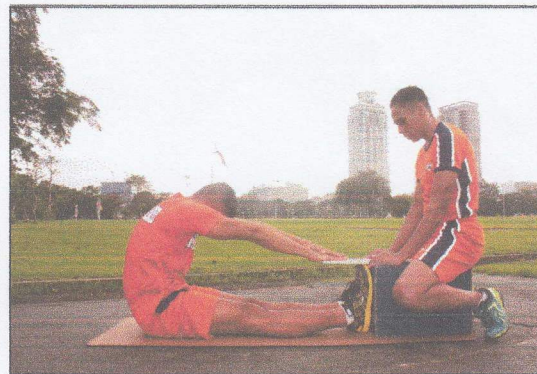
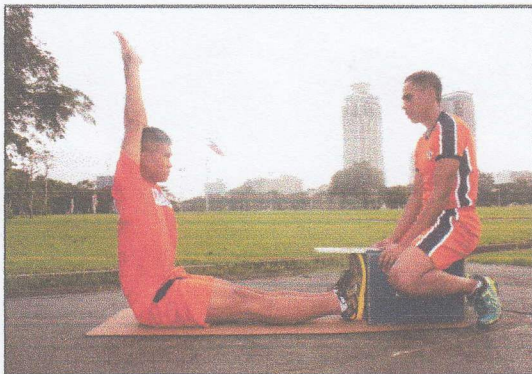
Step 1: Sit down with legs straight, knees and feet together. Make sure that your heels are touching the edge of the Sit and Reach box.

Step 2: With your back straight, extend your arms over head, one palm over the other.

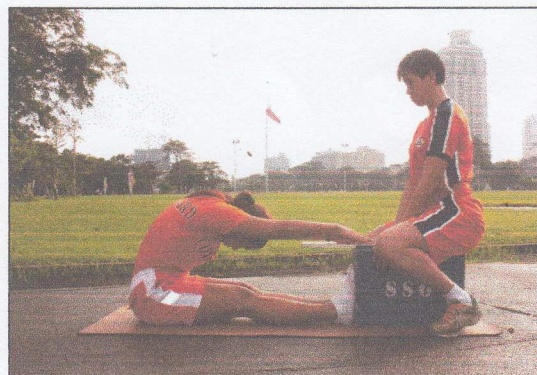
Step 3: Inhale and slowly bend towards the ruler of the Sit and Reach box.

Step 4: Exhale, keeping your legs straight and reach as far as you can, hold that position for two (2) seconds.

No Sit and Reach will be recorded if the knees are bent and feet are not touching the edge of the Sit and Reach box.



MALE



FEMALE

ANNEX B

The PFT evaluation standard in all events is categorized according to age and sex.

AGE CATEG ORY	2 Minutes Push-up		2 Minutes Sit-up		3.2 Km Run		Sit & Reach			
	Number of Repetitions				Minutes		Inches		Centimeters	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
17-25	47	35	55	39	18:14	20:14	13	14.6	33	37
26-30	39	31	51	35	18:44	21:14	13	14.1	33	36
31-35	35	27	47	31	20:14	22:59	12.6	13.8	33	35
					2 Km Run					
36-40	29	23	41	27	14:40	16:08	12.6	13.8	32	35
41-44	25	21	35	23	16:10	18:00	11	13	28	33
					1 Km Run					
45-48	21	15	29	19	8:43	9:10	11	13	28	33
49-52	19	13	23	17	9:21	10:05	10.6	12.6	27	32
53-Up	15	11	19	15	10:24	10:55	10.6	12.6	27	32

Circuit Run

TIME	AGE CATEGORY																		
	3.2km						TIME	2km				TIME	1km						
	17-25		26-30		31-35			36-40		41-44			45-48		49-52		53-up		
	M	F	M	F	M	F		M	F	M	F		M	F	M	F	M	F	
11:00-11:14	100																		
11:15-11:29	99																		
11:30-11:44	98		100																
11:45-11:59	97		99																
12:00-12:14	96		98																
12:15-12:29	95		97																
12:30-12:44	94		96																
12:45-12:59	93		95																
13:00-13:14	92	100	94			100													
13:15-13:29	91	99	93			99													
13:30-13:44	90	98	92			98													
13:45-13:59	89	97	91			97													
14:00-14:14	88	96	90	100	96		8:54	100											
14:15-14:29	87	95	89	99	95		9:04	99											
14:30-14:44	86	94	88	98	94		9:14	98											
14:45-14:59	85	93	87	97	93		9:22	97											
15:00-15:14	84	92	86	96	92		9:32	96											
15:15-15:29	83	91	85	95	91	100	9:40	95		100									
15:30-15:39	82	80	84	94	90	99	9:46	94		99									
15:40-15:49	81	89	83	93	89	98	9:54	93		98									
15:50-15:59	80	88	82	92	88	97	9:59	92		97									
16:00-16:09	79	87	81	91	87	96	10:06	91	100	96	5:03	100							
16:10-16:19	78	86	80	90	86	95	10:12	90	99	95	5:06	99							
16:20-16:29	77	85	79	89	85	94	10:18	89	98	94	5:09	98							
16:30-16:34	76	84	78	88	84	93	10:21	88	97	93	5:11	97							
16:35-16:39	75	83	77	87	83	92	10:24	87	96	92	5:12	96		100					
16:40-16:44	74	82	76	86	82	91	10:27	86	95	91	5:14	95		99					
16:45-16:49	73	81	75	85	81	90	10:30	85	94	90	5:15	94		98					
16:50-16:54	72	80	74	84	80	89	10:34	84	93	89	5:17	93		97					
16:55-16:59	71	79	73	83	79	88	10:37	83	92	88	5:18	92		96					
17:00-17:09	70	78	72	82	78	87	10:43	82	91	87	5:21	91	100	95			100		
17:10-17:19	69	77	71	81	77	86	10:49	81	90	86	5:25	90	99	94			99		
17:20-17:29	68	76	70	80	76	85	10:55	80	89	85	5:28	89	98	93			98		
17:40-17:49	67	75	69	79	75	84	11:08	79	88	84	5:34	88	97	92			97		
17:50-17:59	66	74	68	78	74	83	11:15	78	87	83	5:37	87	96	91			96		
18:00-18:14	65	73	67	77	73	82	11:24	77	86	82	5:42	86	95	90	100		95		
18:15-18:29	64	72	66	76	72	81	11:33	76	85	81	5:46	85	94	89	99	94			
18:30-18:44	63	71	65	75	71	80	11:42	75	84	80	5:51	84	93	88	98	93			
18:45-18:59	62	70	64	74	70	79	11:52	74	83	79	5:56	83	92	87	97	92			
19:00-19:14	61	69	63	73	69	78	12:01	73	82	78	6:00	82	91	86	96	91	100		
19:15-19:29	60	68	62	72	68	77	12:10	72	81	77	6:05	81	90	85	95	90	99		
19:30-19:44	59	67	61	71	67	76	12:20	71	80	76	6:10	80	89	84	94	89	98		
19:45-19:59	58	66	60	70	66	75	12:29	70	79	75	6:15	79	88	83	93	88	97		
20:00-20:14	57	65	59	69	65	74	12:39	69	78	74	6:20	78	87	82	92	87	96		
20:15-20:29	56	64	58	68	64	73	12:48	68	77	73	6:24	77	86	81	91	86	95		
20:30-20:44	55	63	57	67	63	72	12:58	67	76	72	6:29	76	85	80	90	85	94		
20:45-20:59	54	62	56	66	62	71	13:07	66	75	71	6:33	75	84	79	89	84	93		
21:00-21:14	53	61	55	65	61	70	13:16	65	74	70	6:38	74	83	78	88	83	92		
21:15-21:29	52	60	54	64	60	69	13:26	64	73	69	6:43	73	82	77	87	82	91		
21:30-21:44	51	59	53	63	59	68	13:35	63	72	68	6:47	72	81	76	86	81	90		
21:45-21:59	50	58	52	62	58	67	13:45	62	71	67	6:52	71	80	75	85	80	89		
22:00-22:29	50	57	51	61	57	66	14:03	61	70	66	7:02	70	79	74	84	79	88		
22:30-22:59	50	56	50	60	56	65	14:20	60	69	65	7:10	69	78	73	83	78	87		
23:00-23:29	50	55	50	59	55	64	14:41	59	68	64	7:20	68	77	72	82	77	86		
23:30-23:59	50	54	50	58	54	63	14:59	58	67	63	7:29	67	76	71	81	76	85		
24:00-24:29	50	53	50	57	53	62	15:18	57	66	62	7:39	66	75	70	80	75	84		
24:30-24:59	50	52	50	56	52	61	15:36	56	65	61	7:48	65	74	69	79	74	83		
25:00-25:29	50	51	50	55	51	60	15:55	55	64	60	7:57	64	73	68	78	73	82		
25:30-25:59	50	50	50	54	50	59	16:14	54	63	59	8:07	63	72	67	77	72	81		
26:00-26:29	50	50	50	53	50	58	16:33	53	62	58	8:16	62	71	66	76	71	80		
26:30-26:59	50	50	50	52	50	57	16:52	52	61	57	8:26	61	70	65	75	70	79		
27:00-27:29	50	50	50	51	50	56	17:10	51	60	56	8:35	60	69	64	74	69	78		
27:30-27:59	50	50	50	50	50	55	17:29	50	59	55	8:44	59	68	63	73	68	77		
28:00-28:29	50	50	50	50	50	54	17:48	50	58	54	8:54	58	67	62	72	67	76		
28:30-28:59	50	50	50	50	50	53	18:06	50	57	53	9:03	57	66	61	71	66	75		
29:00-29:29	50	50	50	50	50	52	18:25	50	56	52	9:12	56	65	60	70	65	74		
29:30-29:59	50	50	50	50	50	51	18:45	50	55	51	9:22	55	64	59	69	64	73		
30:00-30:29	50	50	50	50	50	50	19:03	50	54	50	9:32	54	63	58	68	63	72		
30:30-30:59	50	50	50	50	50	50	19:22	50	53	50	9:41	53	62	57	67	62	71		
31:00-31:29	50	50	50	50	50	50	19:40	50	52	50	9:45	52	61	56	66	61	70		
31:30-31:59	50	50	50	50	50	50	19:59	50	51	50	9:59	51	60	55	65	60	69		
32:00-32:29	50	50	50	50	50	50	20:18	50	50	50	10:09	50	59	54	64	59	68		
32:30-32:59	50	50	50	50	50	50	20:37	50	50	50	10:18	50	58	53	63	58	67		
33:00-33:29	50	50	50	50	50	50	20:55	50	50	50	10:27	50	57	52	62	57	66		
33:30-33:59	50	50	50	50	50	50	21:15	50	50	50	10:37	50	56	51	61	56	65		
34:00-34:59	50	50	50	50	50	50	21:51	50	50	50	10:55	50	55	50	60	55	64		
35:30-35:59	50	50	50	50	50	50	22:35	50	50	50	11:17	50	54	50	59	54	63		
36:00-36:59	50	50	50	50	50	50	23:08	50	50	50	11:34	50	53	50	58	53	62		
37:00-37:59	50	50	50	50	50	50	23:45	50	50	50	11:52	50	52	50	57	52	61		
38:00-38:59	50	50	50	50	50	50	24:22	50	50	50	12:11	50	51	50	56	51	60		
39:00-39:59	50	50	50	50	50	50	25:00	50	50	50	12:30	50	50	50	55	50	59		

PUSH-UPS Scoring Chart

(Male: Standard Position : Female: Modified Position)

REPS	AGE CATEGORY															
	17-25		26-30		31-35		36-40		41-44		45-48		49-52		53-up	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
82	100															
81	99															
80	98															
79	97															
78	96		100													
77	95		99													
76	94	100	98		100											
75	93	99	97		99											
74	92	98	96	100	98											
73	91	97	95	99	97		100									
72	90	96	94	98	96	100	99									
71	89	95	93	97	95	99	98		100							
70	88	94	92	96	94	98	97	100	99							
69	87	93	91	95	93	97	96	99	98		100					
68	86	92	90	94	92	96	95	98	97	100	99		100			
67	85	91	89	93	91	95	94	97	96	99	98		99			
66	84	90	88	92	90	94	93	96	95	98	97	100	98		100	
65	83	89	87	91	89	93	92	95	94	97	96	99	97	100	99	
64	82	88	86	90	88	92	91	94	93	96	95	98	96	99	98	100
63	81	87	85	89	87	91	90	93	92	95	94	97	95	98	97	99
62	80	86	84	88	86	90	89	92	91	94	93	96	94	97	96	98
61	79	85	83	87	85	89	88	91	90	93	92	95	93	96	95	97
60	78	84	82	86	84	88	87	90	89	92	91	94	92	95	94	96
59	77	83	81	85	83	87	86	89	88	91	90	93	91	94	93	95
58	76	82	80	84	82	86	85	88	87	90	89	92	90	93	92	94
57	75	81	79	83	81	85	84	87	86	89	88	91	89	92	91	93
55-56	74	80	78	82	80	84	83	86	85	88	87	90	88	91	90	92
53-54	73	79	77	81	79	83	82	85	84	87	86	89	87	90	89	91
51-52	72	78	76	80	78	82	81	84	83	86	85	88	86	89	88	90
49-50	71	77	75	79	77	81	80	83	82	85	84	87	85	88	87	89
47-48	70	76	74	78	76	80	79	82	81	84	83	86	84	87	86	88
45-46	69	75	73	77	75	79	78	81	80	83	82	85	83	86	85	87
43-44	68	74	72	76	74	78	77	80	79	82	81	84	82	85	84	86
41-42	67	73	71	75	73	77	76	79	78	81	80	83	81	84	83	85
39-40	66	72	70	74	72	76	75	78	77	80	79	82	80	83	82	84
37-38	65	71	69	73	71	75	74	77	76	79	78	81	79	82	81	83
35-36	64	70	68	72	70	74	73	76	75	78	77	80	78	81	80	82
33-34	63	69	67	71	69	73	72	75	74	77	76	79	77	80	79	81
31-32	62	68	66	70	68	72	71	74	73	76	75	78	76	79	78	80
29-30	61	67	65	69	67	71	70	73	72	75	74	77	75	78	77	79
27-28	60	66	64	68	66	70	69	72	71	74	73	76	74	77	76	78
25-26	59	65	63	67	65	69	68	71	70	73	72	75	73	76	75	77
23-24	58	64	62	66	64	68	67	70	69	72	71	74	72	75	74	76
21-22	57	63	61	65	63	67	66	69	68	71	70	73	71	74	73	75
19-20	56	62	60	64	62	66	65	68	67	70	69	72	70	73	72	74
17-18	55	61	59	63	61	65	64	67	66	68	68	71	69	72	71	73
15-16	54	60	58	62	60	64	63	66	65	66	67	70	68	71	70	72
13-14	53	59	57	61	59	62	62	64	64	64	66	68	66	70	68	71
11-12	52	58	56	60	58	60	61	62	62	62	64	65	64	68	65	70
9-10	51	57	55	59	57	59	60	60	61	60	62	63	62	65	62	68
7-8	50	56	54	58	56	58	59	58	60	58	60	60	60	63	60	65
5-6	50	55	53	57	55	57	58	56	58	56	58	58	58	60	58	63
4	50	54	52	56	54	56	56	55	56	55	56	56	56	57	56	60
3	50	53	51	54	53	54	54	54	54	54	54	54	54	54	54	57
2	50	52	50	52	51	52	52	52	52	52	52	52	52	52	52	52
1	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

SIT-UPS Scoring Chart
(Bent-Leg Position)

REPS	AGE CATEGORY															
	17-25		26-30		31-35		36-40		41-44		45-48		49-52		53-up	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
90	100															
89	99															
88	98		100													
87	97		99													
86	96		98		100											
85	95		97		99											
84	94		96		98											
83	93		95		97		100									
82	92	100	94		96		99									
81	91	99	93		95		98									
80	90	98	92	100	94		97		100							
79	89	97	91	99	93		96		99							
78	88	96	90	98	92	100	95		98							
77	87	95	89	97	91	99	94		97		100					
76	86	94	88	96	90	98	93	100	96		99					
75	85	93	87	95	89	97	92	99	95		98					
74	84	92	86	94	88	96	91	98	94	100	97		100			
73	83	91	85	93	87	95	90	97	93	99	96		99			
72	82	90	84	92	86	94	89	96	92	98	95	100	98		100	
71	81	89	83	91	85	93	88	95	91	97	94	99	97	100	99	
70	80	88	82	90	84	92	87	94	90	96	93	98	96	99	98	100
69	79	87	81	89	83	91	86	93	89	95	92	97	95	98	97	99
68	78	86	80	88	82	90	85	92	88	94	91	96	94	97	96	98
67	77	85	79	87	81	89	84	91	87	93	90	95	93	96	95	97
66	76	84	78	86	80	88	83	90	86	92	89	94	92	95	94	96
65	75	83	77	85	79	87	82	89	85	91	88	93	91	94	93	95
63-64	74	82	76	84	78	86	81	88	84	90	87	92	90	93	92	94
61-62	73	81	75	83	77	85	80	87	83	89	86	91	89	92	91	93
59-60	72	80	74	82	76	84	79	86	82	88	85	90	88	91	90	92
57-58	71	79	73	81	75	83	78	85	81	87	84	89	87	90	89	91
55-56	70	78	72	80	74	82	77	84	80	86	83	88	86	89	88	90
53-54	69	77	71	79	73	81	76	83	79	85	82	87	85	88	87	89
51-52	68	76	70	78	72	80	75	82	78	84	81	86	84	87	86	88
49-50	67	75	69	77	71	79	74	81	77	83	80	85	83	86	85	87
47-48	66	74	68	76	70	78	73	80	76	82	79	84	82	85	84	86
45-56	65	73	67	75	69	77	72	79	75	81	78	83	81	84	83	85
43-44	64	72	66	74	68	76	71	78	74	80	77	82	80	83	82	84
41-42	63	71	65	73	67	75	70	77	73	79	76	81	79	82	81	83
39-40	62	70	64	72	66	74	69	76	72	78	75	80	78	81	80	82
37-38	61	69	63	71	65	73	68	75	71	77	74	79	77	80	79	81
35-36	60	68	62	70	64	72	67	74	70	76	73	78	76	79	78	80
33-34	59	67	61	69	63	71	66	73	69	75	72	77	75	78	77	79
31-32	58	66	60	68	62	70	65	72	68	74	71	76	74	77	76	78
29-30	57	65	59	67	61	69	64	71	67	73	70	75	73	76	75	77
27-28	56	64	58	66	60	68	63	70	66	72	69	74	72	75	74	76
25-26	55	63	57	65	59	67	62	69	65	71	68	73	71	74	73	75
23-24	54	62	56	64	58	66	61	68	64	70	67	72	70	73	72	74
21-22	53	61	55	63	57	65	60	67	63	69	66	71	69	72	71	73
19-20	52	60	54	62	56	64	59	66	62	68	65	70	68	71	70	72
17-18	51	59	53	61	55	63	58	65	61	67	64	69	67	70	69	71
15-16	50	58	52	60	54	62	57	64	60	66	63	68	66	68	68	70
13-14	50	57	51	59	53	61	56	63	59	65	62	66	65	66	66	68
11-12	50	56	50	58	52	60	55	62	58	64	61	64	64	64	64	65
9-10	50	55	50	57	51	59	54	61	57	62	60	62	62	62	62	63
7-8	50	54	50	56	50	58	53	60	56	60	59	60	60	60	60	60
5-6	50	53	50	55	50	57	52	58	55	58	58	58	58	58	58	58
4	50	52	50	54	50	56	51	56	54	56	56	56	56	56	56	56
3	50	51	50	53	50	54	50	54	53	54	54	54	54	54	54	54
2	50	50	50	52	50	52	50	52	52	52	52	52	52	52	52	52
1	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0