



Hart-Ransom Charter School Physical Fitness Test

Healthy Fitness Zones

	Age	Body Mass Index Relationship of height to weight	Aerobic Capacity Mile Run	Abdominal Strength Curl Ups	Muscle Strength Push Ups	Trunk Extensor Strength Trunk Lift	Muscle Flexibility Shoulder Stretch
Boys	10	19.7% – 14.5%	9-11.5 mins.	≥12	≥7	9-12 ins.	Left: Pass Right: Pass
	11	20.5% - 14.9%	8.5-11 mins.	≥15	≥8	9-12 ins.	Left: Pass Right: Pass
	12	21.3% - 15.3%	8-10.5 mins.	≥18	≥10	9-12 ins.	Left: Pass Right: Pass
	13	22.2% - 15.8%	7.5-10 mins.	≥21	≥12	9-12 ins.	Left: Pass Right: Pass
	14	23.0% - 16.4%	7-9.5 mins.	≥24	≥14	9-12 ins.	Left: Pass Right: Pass
	15	23.7% - 16.9%	7-9 mins.	≥24	≥ 16	9-12 ins.	Left: Pass Right: Pass
	16	23.5% - 17.5%	7-8.5 mins.	≥24	≥18	9-12 ins.	Left: Pass Right: Pass
	17	24.9% - 18.1%	7-8.5 mins.	≥24	≥18	9-12 ins.	Left: Pass Right: Pass
Girls	10	20.3% - 14.3%	9.5-12.5 mins.	≥12	≥7	9-12 ins.	Left: Pass Right: Pass
	11	21.2% - 14.7%	9-12 mins.	≥15	≥7	9-12 ins.	Left: Pass Right: Pass
	12	22.1% - 15.2%	9-12 mins.	≥18	≥7	9-12 ins.	Left: Pass Right: Pass
	13	22.9% - 15.7%	9-11.5 mins.	≥18	≥7	9-12 ins.	Left: Pass Right: Pass
	14	23.6% - 16.2%	8.5-11 mins.	≥18	≥7	9-12 ins.	Left: Pass Right: Pass
	15	24.3% - 16.7%	8-10.5 mins.	≥18	≥7	9-12 ins.	Left: Pass Right: Pass
	16	24.8% - 17.1%	8-10 mins.	≥18	≥7	9-12 ins.	Left: Pass Right: Pass
	17	24.9% - 17.5%	8-10 mins.	≥18	≥7	9-12 ins.	Left: Pass Right: Pass