## Hart-Ransom Charter School Physical Fitness Test

## Healthy Fitness Zones

Charles To			•			Trunk	
		<b>Body Mass</b>	Aerobic	<b>Abdomina</b>	Muscle	Extensor	Muscle
	}	Index	Capacity	I Strength	Strength	Strength	<b>Flexibility</b>
		Relationship of	. ,	J	J	· ·	Shoulder
	Age	height to weight	Mile Run	Curl Ups	Push Ups	Trunk Lift	Stretch
	Ĭ	<u> </u>					Left: Pass
Boys	10	19.7% - 14.5%	9-11.5 mins.	≥12	≥7	9-12 ins.	Right: Pass
							Left: Pass
	11	20.5% - 14.9%	8.5-11 mins.	≥15	≥8	9-12 ins.	Right: Pass
							Left: Pass
	12	21.3% - 15.3%	8-10.5 mins.	≥18	≥10	9-12 ins.	Right: Pass
							Left: Pass
	13	22.2% - 15.8%	7.5-10 mins.	≥21	≥12	9-12 ins.	Right: Pass
							Left: Pass
	14	23.0% - 16.4%	7-9.5 mins.	≥24	≥14	9-12 ins.	Right: Pass
	4-	00 =0/ 40 00/				0.401	Left: Pass
	15	23.7% - 16.9%	7-9 mins.	≥24	≥ 16	9-12 ins.	Right: Pass
	10	00 50/ 47 50/	7.05	> 0.4	. 40	0.401	Left: Pass
	16	23.5% - 17.5%	7-8.5 mins.	≥24	≥18	9-12 ins.	Right: Pass
	17	04.00/ 40.40/	7 0 5 mins	> 0.4	> 40	0.40 inc	Left: Pass
	1/	24.9% - 18.1%	7-8.5 mins.	≥24	≥18	9-12 ins.	Right: Pass
			T	<u> </u>	1		
O!::Ia	10	00.00/ 44.00/	05405	. 40		0.40:	Left: Pass
Girls	10	20.3% - 14.3%	9.5-12.5 mins.	≥12	≥7	9-12 ins.	Right: Pass
	11	04 00/ 44 70/	0.40	> 4.5	> 7	0.40 :	Left: Pass
	11	21.2% - 14.7%	9-12 mins.	≥15	≥7	9-12 ins.	Right: Pass
	12	22.1% - 15.2%	9-12 mins.	≥18	≥7	9-12 ins.	Left: Pass Right: Pass
		22.170 - 13.270	3-12 mms.	≥10	≥1	3-12 III3.	Left: Pass
	13	22.9% - 15.7%	9-11.5 mins.	≥18	≥7	9-12 ins.	Right: Pass
		22.070 10.770	0 11.0 111110.	210		0 12 1110.	Left: Pass
	14	23.6% - 16.2%	8.5-11 mins.	≥18	≥7	9-12 ins.	Right: Pass
			3.3			3	Left: Pass
	15	24.3% - 16.7%	8-10.5 mins.	≥18	≥7	9-12 ins.	Right: Pass
							Left: Pass
	16	24.8% - 17.1%	8-10 mins.	≥18	≥7	9-12 ins.	Right: Pass
							Left: Pass
	17	24.9% - 17.5%	8-10 mins.	≥18	≥7	9-12 ins.	Right: Pass
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