

Cooper's Physical Fitness Norms				
Age Group				
1.5 Mile Run				
	20-29	30-39	40-49	50-59
40th Percentile				
Male	12:51	13:36	14:29	15:26
Female	15:26	15:57	16:58	17:55
Sit-ups in One Minute				
	20-29	30-39	40-49	50-59
40th Percentile				
Male	38	35	29	24
Female	32	25	20	14
Push-ups in One Minute				
	20-29	30-39	40-49	50-59
40th Percentile				
Male	29	24	18	13
Female	15	11	9	