**CADET FITNESS ASSESSMENT**

**SHUTTLE RUN TEST**

Male Standards

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Age | Bronze | Silver | Gold | Excellence |
| 12 | 32-44 | 45-57 | 58-71 | 72 + |
| 13 | 41-54 | 55-68 | 69-82 | 83 + |
| 14 |
| 15 | 51-64 | 65-78 | 79-93 | 94 + |
| 16 | 61-71 | 72-82 | 83-93 | 94 + |
| 17 | 61-75 | 76-90 | 91-105 | 106 + |
| 18 | 72-82 | 83-93 | 94-105 | 106 + |

Female Standards

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Age | Bronze | Silver | Gold | Excellence |
| 12 | 15-22 | 23-31 | 32-40 | 41 + |
| 13 | 23-31 | 32-40 | 41-50 | 51 + |
| 14 |
| 15 | 32-37 | 38-43 | 44-50 | 51 + |
| 16 | 32-40 | 41-50 | 51-60 | 61 + |
| 17 | 41-46 | 47-53 | 54-60 | 61 + |
| 18 | 41-50 | 51-60 | 61-71 | 72 + |

**CADET FITNESS ASSESSMENT**

**CURL UPS**

Male Standards

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Age | Bronze | Silver | Gold | Excellence |
| 12 | 18-23 | 24-29 | 30-35 | 36 + |
| 13 | 21-26 | 27-32 | 33-39 | 40 + |
| 14 | 24-30 | 31-37 | 38-44 | 45 + |
| 15 | 24-30 | 31-38 | 39-46 | 47 + |
| 16 |
| 17 |
| 18 |

Female Standards

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Age | Bronze | Silver | Gold | Excellence |
| 12 | 18-21 | 22-26 | 27-31 | 32 + |
| 13 |
| 14 |
| 15 | 18-22 | 23-28 | 29-34 | 35 + |
| 16 |
| 17 |
| 18 |

**CADET FITNESS ASSESSMENT**

**PUSH UPS**

Male Standards

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Age | Bronze | Silver | Gold | Excellence |
| 12 | 10-12 | 13-15 | 16-19 | 20 + |
| 13 | 12-15 | 16-19 | 20-24 | 25 + |
| 14 | 14-18 | 19-23 | 24-29 | 30 + |
| 15 | 16-21 | 22-27 | 28-34 | 35 + |
| 16 | 18-22 | 23-28 | 29-34 | 35 + |
| 17 |
| 18 |

Female Standards

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Age | Bronze | Silver | Gold | Excellence |
| 12 | 7-8 | 9-11 | 12-14 | 15 + |
| 13 |
| 14 |
| 15 |
| 16 |
| 17 |
| 18 |

**CADET FITNESS ASSESSMENT**

**BACK SAVER SIT AND REACH**

Male Standards

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Age | Bronze | Silver | Gold | Excellence |
| 12 | No bronze, silver, or gold categories for this test | | | 20 |
| 13 |
| 14 |
| 15 |
| 16 |
| 17 |
| 18 |

Female Standards

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Age | Bronze | Silver | Gold | Excellence |
| 12 | No bronze, silver, or gold categories for this test | | | 25 |
| 13 |
| 14 |
| 15 |  | | | 30 |
| 16 |
| 17 |
| 18 |

**CADET FITNESS ASSESSMENT**

**SHOULDER STRETCH TEST**

Male and Female Standards

The cadet must be able to touch their finger tips together behind their back with one arm up over the shoulders and one arm coming up from the side.

To pass this test, the cadet must be able to complete the above standard with both sides.

Example

