

# CP60Plus

## Functional Fitness Assessment Calculator (FFAC)

**The FFAC provides a basic assessment of functional fitness –the ability to perform daily activities involving upper and lower body strength, core strength, flexibility, cardio endurance, and balance.**

Age	Minimum Modified Air Squats for Elite Level	Minimum Push ups for Elite Level	Minimum Super Crouches for Elite Level	Minimum Bend and Thrust for Elite Level	Your Total Score	Minimum Score for Clear Heart	Minimum Score for Bronze Heart Level	Minimum for Score for Silver Heart Level	Minimum Score for Gold Heart Level	Minimum Score for Elite Heart Level
18 - 29	35	30	32	30		<75	76	102	114	127
30 - 34	34	30	31	27		<65	73	98	110	122
35 - 39	33	29	30	24		<62	70	93	104	116
40 - 44	32	28	30	23		<60	68	90	102	113
45 - 49	32	27	28	23		<57	66	88	99	110
50 - 54	31	27	27	21		<55	64	85	95	106
55 - 59	31	26	26	21		<53	62	83	94	104
60 - 64	30	25	25	20		<50	60	80	90	100
65 - 69	28	23	23	18		<47	55	74	83	92
70 - 74	27	20	20	16		<45	50	66	75	83
75 - 79	25	15	15	14		<42	41	55	62	69
80 +	20	15	15	10		<37	36	48	54	60