

Males < 25 yrs old

PEB Areas	Flexibility	% Body Wt Push	1.5 Mile Run	Agility Run	Body Fat %
Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	25.50	183.23	08:47	14.90	4.19
98	25.00	173.66	09:03	15.10	4.91
97	24.75	166.70	09:14	15.21	5.48
96	24.25	162.50	09:23	15.30	5.93
95	24.00	159.24	09:30	15.39	6.38
94	23.75	156.30	09:36	15.46	6.77
93	23.50	153.50	09:41	15.51	7.04
92		151.40	09:47	15.59	7.39
91	23.25	149.20	09:53	15.61	7.68
90	23.00	147.20	09:57	15.69	8.04
89		145.60	10:02	15.71	8.28
88	22.75	143.90	10:07	15.76	8.46
87	22.50	142.40	10:12	15.80	8.68
86		141.00	10:15	15.81	8.94
85		139.70	10:19	15.88	9.16
84	22.25	138.40	10:22	15.90	9.33
83		137.40	10:25	15.91	9.52
82	22.00	136.40	10:29	15.98	9.74
81		135.40	10:33	16.00	9.93
80		134.20	10:36	16.03	10.18
79	21.75	133.19	10:39	16.08	10.34
78		131.90	10:42	16.10	10.56
77	21.50	130.90	10:46	16.12	10.74
76		129.77	10:49	16.17	10.89
75		128.70	10:52	16.20	11.08
74	21.25	127.70	10:54	16.21	11.19
73		126.70	10:57	16.25	11.38
72	21.00	125.70	11:00	16.29	11.53
71		124.40	11:03	16.30	11.74
70		123.70	11:06	16.34	11.93
69		122.80	11:08	16.38	12.09
68	20.75	121.80	11:12	16.40	12.28
67		121.00	11:15	16.41	12.39
66	20.50	120.10	11:18	16.46	12.58
65		119.20	11:20	16.49	12.72
64		118.40	11:23	16.50	12.88
63		117.50	11:26	16.52	13.03
62	20.25	116.60	11:29	16.55	13.18
61		115.80	11:32	16.58	13.31
60		114.90	11:34	16.61	13.47
59	20.00	114.10	11:37	16.64	13.62
58		113.30	11:40	16.68	13.79
57		112.60	11:43	16.70	13.97
56		111.80	11:46	16.72	14.09
55	19.75	111.10	11:49	16.77	14.27
54		110.40	11:51	16.79	14.39
53	19.50	109.60	11:54	16.81	14.57
52		108.90	11:57	16.84	14.76
51		108.10	12:00	16.88	14.92

Males < 25 yrs old

50		107.40	12:03	16.90	15.06
49	19.25	106.70	12:06	16.92	15.26
48		106.10	12:09	16.97	15.42
47		105.40	12:12	16.99	15.59
46	19.00	104.80	12:15	17.00	15.73
45		104.00	12:18	17.03	15.85
44		103.40	12:21	17.07	16.03
43		102.70	12:24	17.10	16.14
42	18.75	102.00	12:27	17.11	16.38
41		101.40	12:31	17.16	16.60
40	18.50	100.60	12:34	17.19	16.74
39		100.00	12:37	17.21	16.98
38		99.40	12:41	17.24	17.18
37		98.80	12:44	17.29	17.31
36	18.25	98.09	12:48	17.30	17.47
35		97.20	12:51	17.32	17.60
34	18.00	96.60	12:55	17.38	17.82
33		95.80	12:59	17.40	18.00
32		95.10	13:02	17.42	18.15
31		94.30	13:07	17.48	18.34
30	17.75	93.60	13:11	17.50	18.54
29		92.90	13:15	17.52	18.75
28	17.50	92.10	13:20	17.59	18.91
27		91.40	13:25	17.61	19.18
26	17.25	90.60	13:30	17.67	19.36
25		89.90	13:34	17.70	19.61
24	17.00	89.00	13:39	17.72	19.82
23		88.40	13:45	17.79	20.06
22		87.40	13:51	17.81	20.32
21	16.75	86.50	13:56	17.88	20.51
20	16.50	85.70	14:02	17.91	20.77
19		85.00	14:08	17.98	21.04
18		84.10	14:15	18.01	21.34
17	16.25	83.30	14:21	18.09	21.58
16	16.00	82.30	14:28	18.11	21.82
15		81.40	14:36	18.19	22.12
14	15.75	80.50	14:45	18.22	22.40
13	15.50	79.50	14:53	18.30	22.76
12		78.40	15:02	18.39	23.09
11		77.40	15:12	18.47	23.43
10		76.30	15:23	18.56	23.78
9	14.75	74.80	15:35	18.64	24.22
8	14.50	73.40	15:48	18.75	24.65
7	14.25	71.90	16:05	18.89	25.27
6	14.00	70.30	16:23	19.00	25.87
5	13.50	68.40	16:46	19.18	26.57
4	13.00	66.30	17:15	19.37	27.28
3	12.75	63.60	17:48	19.63	28.21
2	12.00	60.30	18:30	19.98	29.61
1	11.00	55.17	19:43	20.53	31.53

Males 25 - 29 yrs old

PEB Areas	Flexibility	% Body Wt Push	1.5 Mile Run	Agility Run	Body Fat %
Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	25.50	182.40	08:52	14.99	4.80
98	25.00	172.61	09:09	15.20	5.70
97	24.50	167.60	09:21	15.31	6.32
96	24.00	162.80	09:31	15.42	6.82
95		159.13	09:39	15.50	7.35
94	23.50	155.90	09:46	15.59	7.72
93		153.00	09:52	15.65	8.12
92	23.25	150.70	09:58	15.70	8.46
91	23.00	148.60	10:03	15.75	8.79
90		147.10	10:07	15.80	9.06
89	22.75	145.30	10:12	15.85	9.30
88	22.50	143.60	10:16	15.89	9.55
87		141.98	10:20	15.92	9.82
86	22.25	140.60	10:24	15.98	10.05
85		139.40	10:28	16.00	10.26
84	22.00	138.10	10:32	16.03	10.51
83		137.00	10:35	16.09	10.75
82		135.90	10:39	16.11	11.00
81	21.75	134.80	10:42	16.15	11.21
80		133.50	10:46	16.19	11.41
79	21.50	132.30	10:49	16.21	11.60
78		131.10	10:53	16.25	11.81
77		130.10	10:56	16.29	12.01
76	21.25	128.80	10:59	16.31	12.20
75		127.80	11:03	16.34	12.34
74	21.00	126.70	11:06	16.39	12.54
73		125.70	11:09	16.40	12.74
72		125.00	11:12	16.43	12.93
71		123.70	11:15	16.48	13.13
70	20.75	122.70	11:18	16.50	13.27
69		121.70	11:21	16.52	13.44
68		120.80	11:24	16.56	13.62
67	20.50	120.00	11:27	16.59	13.74
66		119.00	11:29	16.60	13.94
65		118.20	11:32	16.63	14.11
64	20.25	117.30	11:35	16.68	14.24
63		116.50	11:38	16.70	14.43
62		115.60	11:41	16.72	14.61
61	20.00	114.80	11:43	16.76	14.74
60		114.00	11:46	16.79	14.91
59		113.30	11:49	16.81	15.10
58		112.50	11:52	16.84	15.25
57	19.75	111.70	11:55	16.88	15.40
56		111.10	11:57	16.90	15.55
55		110.20	12:00	16.91	15.73
54	19.50	109.60	12:03	16.95	15.85
53		108.80	12:06	16.99	16.04
52		108.00	12:09	17.00	16.19
51	19.25	107.30	12:12	17.03	16.33
50		106.60	12:15	17.07	16.45

Males 25 - 29 yrs old

49		105.90	12:18	17.10	16.62
48	19.00	105.30	12:21	17.11	16.80
47		104.50	12:24	17.16	16.94
46		103.80	12:27	17.19	17.10
45		103.10	12:31	17.20	17.26
44	18.75	102.40	12:34	17.22	17.45
43		101.70	12:37	17.28	17.59
42	18.50	101.10	12:41	17.30	17.77
41		100.50	12:44	17.31	17.91
40		100.00	12:48	17.37	18.05
39		99.20	12:51	17.39	18.20
38	18.25	98.40	12:55	17.41	18.40
37		97.80	12:58	17.46	18.55
36	18.00	97.10	13:02	17.49	18.69
35		96.40	13:05	17.51	18.84
34		95.70	13:09	17.56	19.00
33		95.00	13:13	17.59	19.22
32	17.75	94.30	13:18	17.62	19.40
31		93.60	13:22	17.68	19.60
30	17.50	92.90	13:26	17.70	19.76
29		92.10	13:31	17.72	19.95
28		91.40	13:36	17.79	20.17
27	17.25	90.70	13:40	17.81	20.38
26		89.90	13:45	17.87	20.55
25	17.00	89.20	13:51	17.90	20.79
24		88.40	13:56	17.93	20.95
23		87.60	14:01	17.99	21.18
22	16.75	86.80	14:07	18.02	21.38
21	16.50	86.10	14:13	18.09	21.61
20		85.30	14:19	18.12	21.83
19		84.50	14:26	18.19	22.03
18	16.25	83.70	14:33	18.22	22.24
17	16.00	82.80	14:40	18.30	22.47
16		81.90	14:47	18.35	22.81
15	15.75	81.00	14:55	18.40	23.06
14	15.50	80.00	15:04	18.49	23.35
13		78.80	15:12	18.53	23.63
12	15.25	77.80	15:23	18.61	23.98
11	15.00	76.80	15:33	18.71	24.29
10		75.80	15:46	18.80	24.68
9	14.50	74.60	15:59	18.91	25.01
8	14.25	73.20	16:12	19.00	25.53
7	14.00	71.80	16:29	19.13	25.99
6	13.75	70.10	16:46	19.29	26.49
5	13.50	68.30	17:07	19.47	27.17
4	13.00	66.10	17:34	19.66	27.88
3	12.50	63.80	18:11	19.93	28.81
2	12.00	60.20	18:57	20.31	30.39
1	11.00	54.60	20:10	21.06	32.13

Males 30-34 yrs old

PEB Areas Flexibility % Body Wt Push 1.5 Mile Run Agility Run Body Fat %

Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	25.25	175.70	09:05	15.17	5.77
98	24.75	166.70	09:23	15.37	6.89
97	24.25	160.80	09:36	15.50	7.69
96	24.00	156.30	09:45	15.62	8.37
95	23.75	153.00	09:53	15.71	8.86
94	23.50	150.00	10:00	15.80	9.27
93	23.25	147.20	10:07	15.89	9.57
92	23.00	145.00	10:13	15.93	9.97
91		142.90	10:18	16.00	10.27
90	22.75	141.00	10:24	16.04	10.60
89	22.50	139.10	10:29	16.10	10.95
88	22.25	137.60	10:33	16.15	11.25
87		136.10	10:37	16.20	11.48
86	22.00	134.60	10:41	16.23	11.70
85		133.30	10:45	16.28	11.96
84		132.20	10:49	16.31	12.19
83	21.75	131.00	10:53	16.35	12.45
82		129.70	10:57	16.40	12.60
81	21.50	128.60	11:00	16.42	12.83
80		127.40	11:04	16.47	13.03
79	21.25	126.20	11:07	16.50	13.20
78		125.00	11:11	16.53	13.39
77	21.00	123.80	11:15	16.57	13.58
76		122.70	11:18	16.60	13.76
75		121.50	11:21	16.62	13.91
74		120.50	11:25	16.67	14.11
73	20.75	119.50	11:28	16.70	14.28
72		118.50	11:31	16.72	14.43
71	20.50	117.60	11:34	16.77	14.58
70		116.70	11:37	16.80	14.77
69		115.70	11:40	16.82	14.92
68		114.90	11:43	16.86	15.10
67	20.25	114.00	11:46	16.89	15.25
66		113.20	11:49	16.91	15.41
65	20.00	112.40	11:52	16.95	15.59
64		111.70	11:55	16.99	15.71
63		110.80	11:57	17.00	15.89
62		110.00	12:00	17.03	16.01
61	19.75	109.30	12:04	17.07	16.20
60		108.60	12:07	17.10	16.38
59		107.80	12:10	17.12	16.50
58	19.50	107.00	12:13	17.16	16.64
57		106.30	12:16	17.19	16.79
56		105.60	12:19	17.21	16.90
55	19.25	104.90	12:22	17.23	17.09
54		104.20	12:25	17.28	17.24
53		103.60	12:28	17.30	17.38
52	19.00	102.90	12:31	17.32	17.55
51		102.30	12:35	17.37	17.69
50		101.60	12:38	17.39	17.85
49		101.10	12:41	17.41	18.00
48		100.50	12:45	17.44	18.17
47	18.75	100.00	12:48	17.48	18.35

Males 30-34 yrs old

46		99.20	12:51	17.50	18.50
45	18.50	98.60	12:55	17.52	18.64
44		97.90	12:59	17.57	18.77
43		97.20	13:02	17.60	18.90
42	18.25	96.60	13:05	17.62	19.04
41		95.90	13:09	17.66	19.18
40		95.20	13:13	17.70	19.32
39	18.00	94.60	13:17	17.72	19.47
38		94.00	13:21	17.77	19.61
37		93.20	13:25	17.80	19.77
36		92.60	13:29	17.82	19.93
35	17.75	91.90	13:33	17.87	20.12
34		91.30	13:37	17.90	20.26
33	17.50	90.70	13:41	17.93	20.49
32		90.00	13:45	17.98	20.62
31		89.40	13:50	18.00	20.80
30	17.25	88.80	13:55	18.04	21.00
29		88.00	14:00	18.09	21.16
28	17.00	87.40	14:05	18.12	21.33
27		86.70	14:10	18.18	21.54
26		86.00	14:15	18.21	21.69
25		85.40	14:20	18.28	21.86
24	16.75	84.70	14:26	18.30	22.06
23	16.50	83.90	14:32	18.37	22.29
22		83.30	14:38	18.40	22.43
21	16.25	82.50	14:45	18.48	22.64
20		81.80	14:51	18.51	22.87
19	16.00	81.00	14:58	18.59	23.06
18		80.20	15:06	18.62	23.30
17	15.75	79.30	15:13	18.69	23.55
16		78.50	15:22	18.73	23.82
15	15.50	77.70	15:29	18.80	24.08
14	15.25	76.70	15:38	18.89	24.38
13		75.80	15:48	18.94	24.68
12	15.00	74.70	15:58	19.01	24.95
11	14.75	73.80	16:08	19.10	25.35
10	14.50	72.80	16:20	19.20	25.62
9	14.25	71.80	16:34	19.30	26.03
8	14.00	70.60	16:50	19.41	26.47
7	13.75	69.20	17:05	19.55	26.98
6	13.50	67.70	17:21	19.70	27.53
5	13.00	66.10	17:45	19.89	28.13
4	12.75	64.10	18:09	20.09	28.91
3	12.25	61.70	18:43	20.40	29.86
2	11.50	58.80	19:30	20.80	31.30
1	10.50	53.40	20:54	21.59	33.19

Males 35-39 yrs old

PEB Areas	Flexibility	% Body Wt Push	1.5 Mile Run	Agility Run	Body Fat %
Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	25.00	172.34	09:16	15.32	6.74
98	24.50	161.80	09:36	15.56	7.89
97	24.00	157.00	09:48	15.71	8.71
96	23.75	151.90	09:57	15.84	9.31
95	23.50	148.50	10:07	15.94	9.75
94	23.25	145.50	10:15	16.01	10.19
93	23.00	142.90	10:22	16.08	10.52
92	22.75	140.20	10:27	16.14	10.93
91	22.50	138.20	10:32	16.20	11.26
90		136.40	10:37	16.27	11.61
89	22.25	134.60	10:42	16.31	11.91
88		133.10	10:47	16.36	12.21
87	22.00	131.70	10:51	16.40	12.44
86		130.40	10:56	16.44	12.71
85	21.75	128.90	11:00	16.49	12.93
84		127.50	11:04	16.52	13.14
83	21.50	125.90	11:09	16.57	13.41
82		124.40	11:14	16.60	13.61
81	21.25	123.50	11:18	16.65	13.76
80		122.30	11:22	16.69	14.01
79	21.00	121.30	11:26	16.72	14.21
78		120.00	11:30	16.76	14.34
77		118.90	11:33	16.80	14.53
76		117.90	11:37	16.84	14.69
75	20.75	117.00	11:40	16.88	14.84
74		116.00	11:44	16.90	15.04
73	20.50	115.10	11:47	16.93	15.17
72		114.09	11:50	16.97	15.34
71		113.10	11:54	17.00	15.49
70	20.25	112.30	11:57	17.03	15.64
69		111.40	12:00	17.06	15.80
68	20.00	110.60	12:04	17.09	15.94
67		109.80	12:07	17.12	16.11
66		108.90	12:11	17.16	16.27
65		108.20	12:15	17.19	16.45
64	19.75	107.30	12:17	17.22	16.64
63		106.60	12:21	17.25	16.76
62		105.80	12:25	17.29	16.90
61	19.50	105.10	12:28	17.31	17.06
60		104.40	12:31	17.34	17.21
59		103.70	12:34	17.38	17.32
58	19.25	103.00	12:37	17.40	17.47
57		102.30	12:41	17.43	17.65
56		101.60	12:44	17.47	17.78
55	19.00	101.00	12:48	17.50	17.95
54		100.50	12:51	17.52	18.08
53		100.00	12:55	17.56	18.21
52		99.40	12:58	17.60	18.38
51	18.75	98.80	13:01	17.62	18.51
50		98.20	13:04	17.68	18.68
49	18.50	97.40	13:08	17.70	18.85

Males 35-39 yrs old

48		96.80	13:12	17.72	18.94
47		96.16	13:16	17.75	19.08
46		95.40	13:19	17.79	19.20
45	18.25	94.70	13:23	17.81	19.37
44		94.10	13:27	17.85	19.48
43	18.00	93.50	13:30	17.89	19.63
42		92.90	13:34	17.91	19.74
41		92.30	13:38	17.96	19.89
40		91.70	13:42	17.99	20.01
39		91.10	13:45	18.02	20.21
38	17.75	90.40	13:49	18.07	20.36
37		89.80	13:53	18.10	20.52
36	17.50	89.30	13:57	18.15	20.70
35		88.70	14:02	18.19	20.83
34		88.00	14:07	18.21	21.01
33	17.25	87.40	14:11	18.25	21.20
32		87.00	14:16	18.29	21.35
31	17.00	86.40	14:21	18.31	21.54
30		85.70	14:25	18.38	21.70
29		85.10	14:31	18.40	21.87
28	16.75	84.60	14:36	18.45	22.07
27		83.80	14:42	18.50	22.24
26	16.50	83.30	14:48	18.52	22.41
25		82.40	14:54	18.59	22.62
24		81.80	15:01	18.62	22.78
23	16.25	81.10	15:06	18.69	22.98
22	16.00	80.40	15:13	18.73	23.13
21		79.61	15:19	18.79	23.35
20		78.80	15:26	18.84	23.52
19	15.75	78.10	15:33	18.90	23.76
18	15.50	77.40	15:40	18.97	24.01
17		76.70	15:48	19.02	24.17
16	15.25	76.00	15:56	19.10	24.43
15	15.00	75.40	16:04	19.18	24.69
14		74.40	16:14	19.25	24.97
13	14.75	73.40	16:23	19.32	25.25
12	14.50	72.40	16:35	19.41	25.52
11	14.25	71.40	16:47	19.51	25.87
10	14.00	70.40	16:59	19.65	26.19
9		69.40	17:12	19.76	26.64
8	13.75	68.20	17:25	19.88	27.08
7	13.25	66.80	17:42	20.01	27.48
6	13.00	65.30	18:01	20.18	28.02
5	12.75	63.90	18:24	20.40	28.51
4	12.25	61.80	18:51	20.69	29.20
3	12.00	59.59	19:30	20.99	30.13
2	11.25	56.80	20:14	21.41	31.42
1	10.00	52.13	21:48	22.21	33.50

Males 40-44 yrs old

PEB Areas	Flexibility	% Body Wt Push	1.5 Mile Run	Agility Run	Body Fat %
Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	24.75	161.90	09:29	15.63	7.86
98	24.00	152.64	09:53	15.81	9.08
97	23.75	146.10	10:08	16.00	9.89
96	23.25	142.20	10:19	16.12	10.47
95	23.00	139.19	10:26	16.25	11.04
94	22.75	136.10	10:35	16.33	11.38
93	22.50	133.95	10:42	16.42	11.98
92	22.25	131.30	10:50	16.50	12.39
91	22.00	129.80	10:56	16.58	12.76
90		128.10	11:01	16.65	13.09
89	21.75	126.50	11:08	16.71	13.37
88		125.00	11:14	16.78	13.59
87	21.50	123.37	11:20	16.81	13.86
86		121.55	11:24	16.87	14.11
85	21.25	120.00	11:29	16.91	14.30
84	21.00	118.40	11:35	16.95	14.57
83		116.90	11:40	17.00	14.80
82		115.40	11:46	17.03	14.98
81	20.75	114.00	11:49	17.09	15.13
80		112.80	11:54	17.13	15.29
79	20.50	111.70	11:59	17.19	15.47
78		110.60	12:03	17.21	15.63
77		109.70	12:08	17.25	15.89
76	20.25	108.70	12:13	17.28	16.00
75		107.70	12:18	17.31	16.19
74	20.00	106.70	12:23	17.35	16.36
73		105.80	12:28	17.39	16.51
72		104.90	12:32	17.42	16.67
71	19.75	104.10	12:37	17.47	16.83
70		103.30	12:41	17.50	17.02
69	19.50	102.60	12:44	17.53	17.15
68		101.90	12:47	17.56	17.33
67		101.30	12:51	17.60	17.45
66	19.25	100.60	12:54	17.63	17.57
65		100.00	12:59	17.68	17.76
64		99.30	13:03	17.70	17.90
63	19.00	98.40	13:07	17.74	18.04
62		97.70	13:12	17.78	18.17
61		97.00	13:15	17.81	18.33
60		96.20	13:20	17.84	18.47
59		95.50	13:24	17.88	18.60
58	18.75	94.80	13:28	17.91	18.78
57		94.20	13:31	17.94	18.94
56	18.50	93.50	13:34	17.98	19.09
55		92.90	13:39	18.00	19.29
54		92.30	13:43	18.03	19.41
53	18.25	91.70	13:47	18.09	19.52
52		90.90	13:50	18.11	19.67
51		90.50	13:55	18.16	19.81
50	18.00	90.00	13:59	18.19	19.94
49		89.32	14:04	18.21	20.06
48		88.70	14:08	18.25	20.20
47		88.10	14:11	18.30	20.32

Males 40-44 yrs old

46	17.75	87.50	14:15	18.31	20.45
45		87.00	14:20	18.34	20.56
44	17.50	86.50	14:24	18.39	20.71
43		86.00	14:28	18.40	20.83
42		85.40	14:32	18.44	20.99
41	17.25	84.70	14:36	18.49	21.10
40		84.20	14:41	18.52	21.25
39		83.80	14:45	18.58	21.40
38	17.00	83.30	14:50	18.60	21.53
37		82.50	14:54	18.65	21.70
36		82.10	14:59	18.69	21.84
35		81.50	15:05	18.72	22.04
34	16.75	81.10	15:10	18.79	22.19
33	16.50	80.51	15:14	18.81	22.31
32		80.10	15:19	18.87	22.46
31		79.40	15:25	18.90	22.66
30	16.25	78.80	15:30	18.94	22.85
29	16.00	78.30	15:35	19.00	23.00
28		77.70	15:39	19.04	23.19
27		77.21	15:45	19.10	23.37
26		76.50	15:50	19.15	23.58
25	15.75	76.00	15:55	19.20	23.73
24		75.50	16:03	19.25	23.94
23	15.50	74.90	16:09	19.30	24.11
22		74.40	16:15	19.38	24.24
21	15.25	73.80	16:22	19.41	24.48
20	15.00	73.10	16:29	19.50	24.62
19		72.30	16:35	19.53	24.86
18		71.80	16:43	19.60	25.13
17	14.75	71.00	16:51	19.68	25.37
16	14.50	70.30	16:59	19.76	25.67
15		69.60	17:10	19.85	25.89
14	14.25	68.80	17:20	19.92	26.11
13	14.00	68.20	17:31	20.01	26.43
12		67.60	17:45	20.13	26.70
11	13.75	66.70	17:57	20.26	26.94
10	13.50	65.80	18:11	20.39	27.34
9	13.25	64.70	18:25	20.55	27.70
8	13.00	63.90	18:42	20.74	28.17
7	12.75	62.97	19:01	20.96	28.63
6	12.50	61.70	19:26	21.15	29.10
5	12.00	60.00	19:52	21.41	29.77
4	11.75	58.50	20:22	21.70	30.50
3	11.00	56.35	21:00	22.20	31.35
2	10.50	53.76	22:03	22.83	32.70
1	9.50	49.23	23:16	23.71	34.70

Males 45-49 yrs old

PEB Areas Flexibility % Body Wt Push 1.5 Mile Run Agility Run Body Fat %

Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	24.50	157.04	09:52	15.90	8.80
98	23.75	147.58	10:20	16.20	9.82
97	23.25	140.83	10:36	16.38	10.85
96	23.00	137.30	10:48	16.52	11.53
95	22.75	133.00	10:57	16.62	11.98
94	22.50	130.03	11:08	16.72	12.41
93	22.25	127.30	11:18	16.81	12.91
92	22.00	125.00	11:27	16.91	13.23
91		122.24	11:33	17.00	13.62
90	21.75	120.38	11:38	17.07	13.84
89	21.50	118.12	11:44	17.15	14.08
88	21.25	115.66	11:48	17.21	14.36
87		114.00	11:55	17.26	14.64
86	21.00	113.10	12:00	17.32	14.91
85		111.80	12:07	17.38	15.05
84	20.75	110.40	12:13	17.45	15.24
83	20.50	109.25	12:18	17.51	15.46
82		108.10	12:23	17.57	15.65
81	20.25	106.92	12:29	17.60	15.83
80		105.90	12:32	17.66	16.01
79	20.00	104.30	12:36	17.71	16.18
78		103.40	12:40	17.75	16.40
77		102.70	12:45	17.80	16.59
76		101.70	12:50	17.85	16.70
75	19.75	100.60	12:55	17.89	16.93
74	19.50	100.00	13:01	17.92	17.07
73		99.43	13:05	17.96	17.24
72		98.50	13:08	17.99	17.37
71	19.25	97.70	13:13	18.01	17.52
70		96.74	13:17	18.04	17.66
69	19.00	96.08	13:20	18.09	17.83
68		95.20	13:25	18.12	17.99
67		94.45	13:29	18.16	18.13
66	18.75	93.89	13:33	18.20	18.23
65		93.10	13:38	18.25	18.43
64	18.50	92.60	13:42	18.29	18.58
63		91.90	13:46	18.31	18.72
62		91.30	13:51	18.37	18.86
61		90.50	13:55	18.40	18.98
60	18.25	89.90	14:00	18.44	19.16
59		89.40	14:04	18.49	19.35
58		88.70	14:09	18.53	19.47
57	18.00	88.20	14:12	18.58	19.61
56		87.47	14:15	18.60	19.76
55		86.80	14:19	18.65	19.88
54		86.00	14:23	18.69	20.02
53	17.75	85.59	14:29	18.71	20.17
52		84.90	14:34	18.75	20.29
51		84.30	14:37	18.80	20.49
50	17.50	83.90	14:41	18.85	20.54
49		83.30	14:47	18.89	20.69
48		82.90	14:51	18.92	20.82
47	17.25	82.51	14:56	18.97	21.03

Males 45-49 yrs old

46		82.30	15:01	18.99	21.07
45		81.79	15:06	19.02	21.27
44	17.00	81.30	15:10	19.08	21.34
43		80.80	15:14	19.10	21.51
42		80.20	15:19	19.15	21.64
41		79.80	15:23	19.19	21.69
40	16.75	79.30	15:28	19.22	21.85
39		78.80	15:33	19.28	21.99
38	16.50	78.30	15:36	19.30	22.11
37		77.80	15:40	19.34	22.29
36		77.30	15:45	19.38	22.49
35	16.25	76.70	15:50	19.42	22.63
34		76.00	15:55	19.48	22.81
33	16.00	75.70	16:01	19.51	23.01
32		75.10	16:07	19.59	23.13
31		74.70	16:13	19.62	23.31
30	15.75	74.20	16:19	19.68	23.43
29		73.60	16:24	19.72	23.67
28	15.50	73.00	16:30	19.78	23.81
27		72.50	16:37	19.81	23.95
26	15.25	71.80	16:42	19.87	24.17
25		71.40	16:49	19.91	24.31
24	15.00	70.79	16:57	19.97	24.53
23		70.20	17:04	20.01	24.69
22	14.75	69.80	17:12	20.09	24.81
21		69.00	17:18	20.16	25.03
20	14.50	68.40	17:25	20.24	25.18
19		67.68	17:34	20.30	25.45
18	14.25	67.10	17:40	20.40	25.70
17	14.00	66.50	17:49	20.49	25.98
16		65.80	17:58	20.56	26.25
15	13.75	65.30	18:06	20.67	26.45
14	13.50	64.50	18:15	20.78	26.69
13		63.60	18:25	20.87	26.95
12	13.25	62.59	18:35	20.99	27.31
11	13.00	61.60	18:45	21.09	27.68
10	12.75	60.70	18:58	21.19	28.16
9	12.50	59.70	19:12	21.37	28.43
8		58.80	19:30	21.50	28.81
7	12.00	57.50	19:43	21.70	29.30
6	11.75	56.30	20:04	21.96	29.58
5	11.50	55.30	20:25	22.17	30.05
4	11.00	53.90	21:02	22.59	30.82
3	10.50	52.27	21:50	23.04	31.49
2	10.00	49.52	22:35	23.80	32.85
1	8.75	45.62	24:04	24.82	35.25

Males 50-54 yrs old

PEB Areas Flexibility % Body Wt Push 1.5 Mile Run Agility Run Body Fat %

Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	24.25	150.58	10:01	16.18	9.76
98	23.50	137.56	10:27	16.45	10.84
97	23.00	130.98	10:43	16.62	11.72
96	22.75	125.70	11:04	16.87	12.31
95	22.25	123.00	11:20	17.06	12.99
94	22.00	120.58	11:30	17.20	13.26
93		117.94	11:40	17.29	13.69
92	21.75	114.90	11:53	17.34	13.98
91	21.50	112.48	12:01	17.43	14.27
90	21.25	110.50	12:10	17.53	14.57
89	21.00	109.20	12:16	17.60	14.74
88		107.50	12:22	17.67	15.06
87		106.10	12:30	17.72	15.29
86	20.75	105.10	12:40	17.78	15.50
85	20.50	103.72	12:47	17.81	15.78
84		102.32	12:50	17.85	15.89
83	20.25	101.49	12:57	17.91	16.08
82		100.60	13:00	17.97	16.29
81	20.00	100.00	13:06	18.01	16.47
80		99.16	13:13	18.09	16.68
79		98.04	13:19	18.16	16.80
78	19.75	96.80	13:25	18.20	16.90
77		95.27	13:30	18.25	17.09
76	19.50	94.70	13:35	18.30	17.29
75		93.90	13:40	18.32	17.50
74	19.25	92.60	13:43	18.38	17.74
73		91.40	13:49	18.42	17.87
72	19.00	90.49	13:55	18.50	18.00
71		89.76	13:59	18.54	18.21
70		89.12	14:06	18.62	18.36
69	18.75	88.40	14:11	18.65	18.50
68		87.80	14:15	18.70	18.66
67	18.50	86.91	14:20	18.78	18.88
66		86.30	14:24	18.81	19.02
65		85.90	14:27	18.87	19.14
64	18.25	85.40	14:30	18.91	19.32
63		84.70	14:34	18.97	19.42
62	18.00	84.23	14:37	19.00	19.54
61		83.30	14:43	19.06	19.70
60		82.90	14:48	19.08	19.77
59		82.40	14:52	19.12	19.89
58		81.99	14:55	19.16	20.01
57	17.75	81.40	15:00	19.20	20.14
56		80.92	15:06	19.28	20.26
55	17.50	80.50	15:10	19.32	20.37
54		79.94	15:15	19.38	20.56
53		79.50	15:21	19.41	20.63
52	17.25	79.04	15:25	19.47	20.79
51		78.50	15:29	19.51	20.92
50	17.00	78.10	15:32	19.58	21.07

Males 50-54 yrs old

49		77.50	15:39	19.60	21.28
48		77.10	15:44	19.65	21.38
47		76.59	15:48	19.69	21.59
46	16.75	76.20	15:53	19.72	21.73
45	16.50	75.80	15:58	19.78	21.88
44		75.30	16:01	19.81	22.00
43		74.95	16:05	19.86	22.16
42		74.60	16:10	19.91	22.26
41	16.25	74.10	16:15	19.97	22.34
40	16.00	73.40	16:22	20.00	22.42
39		72.90	16:27	20.06	22.57
38		72.50	16:32	20.10	22.76
37		72.20	16:35	20.15	22.85
36	15.75	71.80	16:44	20.20	23.09
35		71.40	16:50	20.28	23.23
34		70.75	16:55	20.31	23.36
33	15.50	70.30	16:59	20.38	23.48
32		69.90	17:06	20.46	23.71
31	15.25	69.60	17:12	20.50	23.88
30		69.10	17:16	20.53	24.04
29	15.00	68.60	17:21	20.59	24.21
28		67.90	17:27	20.62	24.34
27		67.40	17:32	20.69	24.46
26		67.00	17:40	20.78	24.66
25	14.75	66.50	17:46	20.83	24.89
24	14.50	66.10	17:51	20.91	25.01
23		65.80	17:59	21.00	25.26
22		65.10	18:12	21.06	25.45
21	14.25	64.40	18:20	21.16	25.68
20	14.00	64.00	18:29	21.25	25.92
19		63.30	18:37	21.34	26.19
18	13.75	62.80	18:47	21.41	26.43
17	13.50	62.20	18:57	21.49	26.65
16		61.60	19:03	21.56	26.93
15	13.25	61.10	19:12	21.69	27.18
14	13.00	60.30	19:23	21.79	27.54
13		59.50	19:33	21.89	27.90
12	12.50	58.73	19:45	22.00	28.27
11		57.90	19:53	22.11	28.54
10	12.25	57.06	20:05	22.31	28.79
9	12.00	56.20	20:21	22.50	29.03
8	11.75	54.99	20:54	22.70	29.25
7	11.50	54.10	21:05	22.96	29.65
6	11.25	53.10	21:30	23.30	30.41
5	11.00	52.10	21:46	23.68	31.18
4	10.50	51.24	22:23	24.09	32.16
3	10.00	48.90	22:54	24.86	33.26
2	9.00	46.77	23:47	25.44	33.87
1	8.50	41.95	25:18	26.09	35.08

Males 55-59 yrs old

PEB Areas Flexibility % Body Wt Push 1.5 Mile Run Agility Run Body Fat %

Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	23.25	136.29	10:33	16.59	10.70
98	22.75	127.65	11:30	17.13	12.63
97	22.25	119.88	11:47	17.26	13.20
96	22.00	118.15	12:10	17.44	13.61
95	21.75	114.87	12:22	17.62	13.92
94	21.50	111.66	12:34	17.71	14.43
93	21.25	106.90	12:45	17.78	14.71
92	21.00	104.71	12:51	17.86	15.03
91		103.18	13:00	17.94	15.22
90	20.75	101.58	13:07	18.03	15.53
89	20.50	100.60	13:08	18.13	16.04
88		99.40	13:14	18.25	16.30
87	20.25	98.20	13:25	18.35	16.44
86		96.83	13:28	18.44	16.56
85	20.00	95.13	13:33	18.59	16.68
84		94.40	13:40	18.61	16.90
83	19.75	92.80	13:47	18.68	17.00
82	19.50	91.69	13:57	18.73	17.14
81		90.36	14:02	18.80	17.42
80	19.25	89.46	14:05	18.87	17.62
79	19.00	88.72	14:08	18.92	17.73
78		87.67	14:10	18.99	17.88
77	18.75	87.30	14:16	19.01	18.02
76	18.50	86.76	14:23	19.07	18.20
75		85.95	14:33	19.12	18.32
74	18.25	85.04	14:38	19.15	18.44
73		84.20	14:45	19.20	18.55
72		83.43	14:48	19.24	18.73
71	18.00	82.60	14:53	19.30	18.81
70		82.10	14:56	19.38	19.06
69		81.80	15:03	19.41	19.22
68		81.51	15:07	19.48	19.33
67	17.75	80.70	15:12	19.53	19.44
66	17.50	80.10	15:17	19.57	19.49
65		79.49	15:21	19.62	19.63
64		78.80	15:26	19.66	19.76
63	17.25	78.16	15:31	19.70	19.86
62		77.70	15:39	19.75	20.02
61	17.00	76.67	15:44	19.79	20.15
60		76.20	15:47	19.85	20.31
59		75.90	15:50	19.90	20.43
58		75.50	16:00	19.95	20.54
57	16.75	74.78	16:04	19.99	20.73
56		74.50	16:08	20.02	20.84
55		74.03	16:10	20.09	20.96
54	16.50	73.50	16:16	20.15	21.18
53		73.02	16:22	20.20	21.31
52	16.25	72.70	16:27	20.22	21.42
51		72.30	16:31	20.29	21.49
50	16.00	71.80	16:34	20.32	21.68
49		71.10	16:40	20.40	21.71
48		70.79	16:46	20.49	21.80
47	15.75	70.48	16:51	20.51	21.93

Males 55-59 yrs old

46		70.30	16:54	20.59	21.97
45		69.90	17:00	20.65	22.10
44	15.50	69.46	17:10	20.71	22.30
43		69.00	17:12	20.78	22.36
42		68.50	17:18	20.85	22.58
41	15.25	68.05	17:21	20.90	22.63
40	15.00	67.64	17:25	21.03	22.81
39		67.33	17:27	21.10	23.00
38		67.20	17:29	21.12	23.11
37		66.90	17:33	21.19	23.32
36	14.75	66.70	17:44	21.22	23.47
35		66.20	17:51	21.35	23.59
34	14.50	65.90	17:55	21.41	23.66
33		65.69	18:01	21.48	23.90
32	14.25	65.00	18:07	21.53	24.04
31		64.89	18:17	21.61	24.22
30		64.48	18:21	21.69	24.42
29	14.00	63.97	18:28	21.79	24.49
28		63.47	18:34	21.81	24.57
27		63.10	18:40	21.85	24.74
26	13.75	62.80	18:47	21.92	24.98
25	13.50	62.50	18:55	21.99	25.13
24	13.25	62.10	19:07	22.03	25.23
23	13.00	61.60	19:16	22.11	25.36
22		61.10	19:29	22.25	25.56
21		60.60	19:35	22.30	25.83
20	12.50	60.32	19:40	22.40	25.95
19		60.00	19:46	22.46	26.09
18	12.25	59.52	19:58	22.56	26.29
17		59.00	20:05	22.63	26.51
16	12.00	58.10	20:11	22.70	26.80
15		57.50	20:24	22.81	27.26
14		56.88	20:35	23.00	27.57
13	11.75	56.20	20:47	23.10	27.77
12	11.50	55.30	21:00	23.40	28.13
11		54.90	21:13	23.70	28.51
10	11.25	54.36	21:26	23.81	28.75
9	11.00	53.51	21:44	24.09	29.14
8		52.50	22:12	24.20	29.73
7	10.50	51.50	22:28	24.30	30.14
6	10.25	50.00	22:49	24.63	30.90
5	10.00	48.72	23:13	24.80	31.30
4	9.50	47.25	23:51	25.20	32.32
3	9.00	44.49	24:03	26.60	33.35
2	8.75	42.02	24:34	27.84	34.17
1	7.75	38.51	27:25	29.20	34.88

Males age 60 and above

PEB Areas Flexibility % Body Wt Push 1.5 Mile Run Agility Run Body Fat %

Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	23.50	117.40	11:21	16.80	8.46
98	22.00	109.83	11:55	16.93	9.53
97	21.75	107.87	12:16	17.63	11.53
96	21.50	104.99	12:18	17.85	13.55
95		104.57	12:25	17.93	13.69
94	21.25	101.94	12:29	18.01	14.08
93	21.00	100.06	12:31	18.10	14.37
92	20.75	97.68	12:35	18.27	14.71
91	20.50	96.11	12:58	18.46	14.93
90	20.25	94.63	13:16	18.58	14.97
89	20.00	92.40	13:31	18.74	15.27
88	19.75	89.80	13:37	18.88	15.54
87	19.50	88.40	13:42	19.02	15.74
86		85.80	13:44	19.17	16.02
85	19.25	85.00	13:51	19.26	16.17
84	19.00	83.30	14:02	19.31	16.50
83		82.80	14:11	19.37	16.70
82		82.62	14:16	19.43	17.08
81		81.80	14:30	19.48	17.32
80	18.75	81.48	14:37	19.55	17.52
79	18.50	80.62	14:48	19.68	17.72
78		80.15	14:51	19.72	17.86
77		80.04	14:55	19.86	18.05
76	18.25	79.63	14:59	19.88	18.35
75	18.00	79.25	15:04	19.91	18.47
74		78.63	15:06	20.06	18.52
73		78.10	15:10	20.09	18.58
72	17.75	77.61	15:17	20.18	18.64
71	17.50	76.89	15:19	20.19	18.74
70		76.28	15:33	20.20	18.80
69		76.00	15:40	20.24	18.88
68	17.25	75.40	15:47	20.25	19.01
67		75.14	15:51	20.29	19.19
66	17.00	74.92	15:57	20.32	19.34
65		74.61	16:03	20.38	19.67
64		74.30	16:04	20.40	19.83
63		74.24	16:05	20.45	20.05
62		74.10	16:07	20.51	20.28
61		73.25	16:10	20.56	20.43
60	16.75	72.34	16:12	20.58	20.44
59		72.03	16:16	20.61	20.64
58		71.31	16:22	20.75	20.89
57	16.50	71.10	16:26	20.83	21.03
56		70.58	16:29	20.89	21.20
55		70.00	16:35	20.98	21.29
54		69.90	16:42	21.00	21.37
53	16.25	69.67	16:58	21.10	21.51
52	16.00	69.40	17:01	21.13	21.54
51		68.17	17:04	21.26	21.86
50	15.75	67.55	17:09	21.35	22.00
49	15.50	66.80	17:12	21.40	22.16
48	15.25	66.51	17:17	21.50	22.30
47		65.95	17:28	21.53	22.50

Males age 60 and above

46		65.32	17:32	21.56	22.54
45	15.00	65.20	17:39	21.59	22.73
44		64.72	17:46	21.64	22.81
43	14.75	64.50	17:52	21.75	22.84
42		64.17	17:58	21.79	23.02
41	14.50	63.65	18:05	21.82	23.15
40		63.00	18:07	21.91	23.31
39	14.25	62.90	18:17	22.02	23.63
38	14.00	62.40	18:32	22.15	23.79
37		62.10	18:42	22.19	24.01
36		61.81	18:49	22.24	24.18
35	13.75	60.84	18:51	22.27	24.42
34	13.50	60.70	18:53	22.29	24.61
33		60.56	19:03	22.31	24.74
32	13.25	60.42	19:17	22.38	25.07
31		59.83	19:25	22.40	25.32
30	13.00	59.70	19:31	22.47	25.60
29		59.40	19:34	22.54	25.89
28	12.75	58.80	19:41	22.64	26.05
27	12.50	58.69	19:49	22.74	26.25
26		58.35	19:55	22.78	26.55
25	12.00	57.58	19:56	22.80	26.82
24		56.50	20:02	22.95	26.95
23		55.43	20:06	23.01	27.06
22	11.75	54.95	20:08	23.21	27.11
21		54.44	20:20	23.32	27.37
20	11.50	54.30	20:27	23.48	27.54
19		54.03	20:39	23.50	27.89
18	11.25	53.25	20:51	23.80	28.02
17	11.00	52.68	21:06	23.90	28.13
16		52.06	21:15	24.11	28.18
15		51.80	21:25	24.20	28.41
14		51.60	21:49	24.24	28.71
13	10.75	50.77	21:57	24.35	29.09
12	10.50	50.25	22:09	24.42	29.14
11	10.25	49.86	22:21	24.50	29.49
10	10.00	49.25	22:34	24.66	29.89
9	9.75	48.35	22:47	24.71	29.98
8		47.80	23:17	24.81	30.35
7	9.50	46.40	23:27	25.12	30.80
6	9.25	46.18	23:57	25.55	31.17
5	9.00	44.08	25:00	26.02	32.88
4	8.50	42.81	25:10	26.40	34.10
3	8.25	41.94	25:14	28.44	34.61
2	8.00	40.10	26:20	30.08	34.99
1	7.50	35.46	30:39	32.94	36.34