

Resting Heart Rate Chart (Heart.org)

Male						Female					
Age	18-25	26-35	36-45	46-55	56-65	Age	18-25	26-35	36-45	46-55	56-65
Excellent	56-61	55-61	57-62	58-63	57-61	Excellent	61-65	60-64	60-64	61-65	60-64
Great	62-65	62-65	63-66	64-67	62-67	Great	66-69	65-68	65-69	66-69	65-68
Good	66-69	66-70	67-70	68-71	68-71	Good	70-73	69-72	70-73	70-73	69-73
Fair	70-73	71-74	71-75	72-76	72-75	Fair	74-78	73-76	74-78	74-77	74-77
Below	74-81	75-81	76-82	77-83	76-81	Below	79-84	77-82	79-84	78-83	78-83
Poor	82+	82+	83+	84+	82+	Poor	85+	83+	85+	84+	84+

Blood Pressure Range (American Heart Association)

Male & Female	
Normal	>120 over 80 mmHg
Pre-Hypertension	120-139 over 80-90 mmHg
High Blood Pressure - Stage 1	140-159 over 90-99 mmHg
High Blood Pressure - Stage 2	160+ over 100+ mmHg
Hypertensive Crisis	180+ over 110+ mmHg

Estimated Percentage of Body Fat (Jackson Pollock)

Male						Female					
$Body\ Density = 1.10938 - (0.0008267 \times \text{sum of skinfolds}) + (0.0000016 \times \text{square of the sum of skinfolds}) - (0.0002574 \times \text{age})$						$Body\ Density = 1.0994921 - (0.0009929 \times \text{sum of skinfolds}) + (0.0000023 \times \text{square of the sum of skinfolds}) - (0.0001392 \times \text{age})$					
$Body\ Fat\ (\%) = (495 / Body\ Density) - 450$						$Body\ Fat\ (\%) = (495 / Body\ Density) - 450$					
Age	17-19	20-29	30-39	40-49	50+	Age	17-19	20-29	30-39	40-49	50+
Very Poor	26+	29+	31+	35+	38+	Very Poor	33+	33+	35+	36+	37+
Poor	23 - 25	25 - 28	27 - 30	32 - 34	35 - 37	Poor	29 - 32	29 - 32	30 - 34	31 - 35	33 - 36
Above Average	18 - 22	20 - 24	23 - 26	27 - 31	29 - 34	Above Average	24 - 28	24 - 28	25 - 29	26 - 30	27 - 32
Average	12 - 17	15 - 19	19 - 22	22 - 26	23 - 28	Average	19 - 23	19 - 23	20 - 24	21 - 25	22 - 26
Ideal	7 - 11	9 - 14	15 - 18	16 - 21	17 - 22	Ideal	14 - 18	14 - 18	14 - 19	15 - 20	16 - 21
Slim	6 - 0	8 - 0	0	0	0	Slim	13 - 0	13 - 0	13 - 0	14 - 0	15 - 0

## Body Mass Index (Heart.org)

Formula:  $(\text{weight}(\text{lbs}) \times 703) / \text{height}(\text{in})^2 = x$ ;  $x / \text{height}(\text{in}) = \text{your BMI}$

Male & Female	
Underweight	Below 18.5
Normal Weight	18.5 - 24.9
Overweight	25.0 - 29.9
Obese	Over 30

## Waist to Hip Ratio (Heyward & Stolarczyk)

Formula:  $\text{waist measurement} / \text{hip measurement} = \text{your ratio}$

Male Disease Risk Related to Obesity						Female Disease Risk Related to Obesity					
Age	20-29	30-39	40-49	50-59	60-69	Age	20-29	30-39	40-49	50-59	60-69
Low	<0.83	<0.84	<0.88	<0.90	<0.91	Low	<0.71	<0.72	<0.73	<0.74	<0.76
Moderate	0.83-0.88	0.84-0.91	0.88-0.95	0.90-0.96	0.91-0.98	Moderate	0.71-0.77	0.72-0.78	0.73-0.79	0.74-0.81	0.76-0.83
High	0.89-0.94	0.92-0.96	0.96-1.00	0.97-1.02	0.99-1.03	High	0.78-0.82	0.79-0.84	0.80-0.87	0.82-0.88	0.84-0.90
Very High	>0.94	>0.96	>1.00	>1.02	>1.03	Very High	>0.82	>0.84	>0.87	>0.88	>0.90

## Recovery Heart Rate (YMCA)

Male						Female					
Age	18-25	26-35	36-45	46-55	56-65	Age	18-25	26-35	36-45	46-55	56-65
Excellent	50-76	51-76	49-76	56-82	60-77	Excellent	52-81	58-80	51-84	63-91	60-92
Great	79-84	79-85	80-88	87-93	86-94	Great	85-93	85-92	89-96	95-101	97-103
Good	88-93	88-94	92-88	95-101	97-100	Good	96-102	95-101	100-104	104-110	106-111
Fair	95-100	96-102	100-105	103-111	103-109	Fair	104-110	104-110	107-112	113-118	113-118
Below	102-107	104-110	108-113	113-119	111-117	Below	113-120	113-119	115-120	120-124	119-127
Poor	111-119	114-121	116-124	121-126	119-128	Poor	122-131	122-129	124-132	126-132	129-135

### Bench Press (YMCA)

Male (80lbs) Number of Reps			
Age	26-35	36-45	46+2
Excel	40+	35+	27+
Good	26-39	22-34	16-26
Fair	21-25	18-21	12-15
Below	17-20	14-17	9-11
Poor	0-16	0-13	0-8

Female (35lbs) Number of Reps			
Age	26-35	36-45	46+2
Excel	39+	32+	28+
Good	24-38	21-31	14-27
Fair	18-23	16-20	10-13
Below	14-17	12-15	7-9
Poor	0-13	0-12	0-6

### Sit & Reach (AAPHERD)

Male	
Excellent	over 5.25
Good	4.0 - 4.75
Fair	2.0 - 3.5
Below	0.75 - 1.75
Poor	-6.75 - 0

Female	
Excellent	over 5.25
Good	4.5 - 5.0
Fair	3.0 - 4.0
Below	2.0 - 2.75
Poor	-3.75 - 1.25

### Curl Ups (ACE)

Male			
Age	>34	34-44	45+
Excel	60	50	40
Good	45	40	25
Fair	30	25	15
Below	15	10	5

Female			
Age	>34	34-44	45+
Excel	50	40	30
Good	40	30	15
Fair	25	15	10
Below	10	6	4

### Agility-Quad Jump (Johnson & Nelson)

Male	
Excellent	over 31
Good	25 - 30
Fair	13 - 24
Below	7 - 12
Poor	0 - 6

Female	
Excellent	over 33
Good	27 - 32
Fair	14 - 26
Below	8 - 13
Poor	0 - 7

### Combined Right & Left Hand Grip Strength (Montoye & Lamphiear)

Male					
Age	17-19	20-29	30-39	40-49	50-59
Excel	261+	269+	274+	267+	247+
Good	221-260	230-268	232-373	225-266	210-246
Fair	179-220	190-229	192-231	186-224	170-209
Below	137-178	148-189	151-191	144-185	133-169
Poor	136-0	147-0	150-0	143-0	132-0

Female					
Age	17-19	20-29	30-39	40-49	50-59
Excel	170+	155-	157+	159+	144+
Good	133-169	129-154	131-156	129-158	120-143
Fair	98-132	102-128	104-130	98-128	96-119
Below	60-97	76-101	78-103	69-97	69-95
Poor	59-0	75-0	77-0	68-0	68-0