



# Male Fitness Test and Assessment

Attribute	Exercise	Beginner	Intermediate	Advanced	Elite
<b>Strength</b>	Push Ups	10	30	60	100
	Dips	5	20	30	50
	Pull Ups	3	12	25	40
	Air Squats	25	50	75	100
<b>Power</b>	Vertical Jump	10 inches	18 inches	25 inches	30 inches
<b>Speed</b>	400 M Sprint	2 min 15 sec	1 min 35 sec	1 min 15 sec	1 min 5 sec
<b>Stamina</b>	Cindy*	6	12	20	30
<b>Endurance</b>	5K Run	26 min 20 sec	23 min 15 sec	20 min 10 sec	17 min 5 sec
<b>Body Control</b>	L-Sit	10 sec	30 sec	60 sec	90 sec

\* From Crossfit. Complete as many rounds as possible in 20 minutes of 5 pull ups, 10 push ups, and 15 air squats.