

Cooper's Test Requirements

300 Meter Run	Minimum	Minimum
Age	Males	Females
18-29	60 Seconds	74.5 Seconds
30-39	61 Seconds	80.5 Seconds
40-49	74.8 Seconds	101.8 Seconds
50-59	85 Seconds	N/A

Vertical Leap	Minimum	Minimum
Age	Males	Females
18-29	19.0"	13.9"
30-39	18.5"	12.0"
40-49	15.0"	9.0"
50-59	13.5"	N/A

Push-Ups	Minimum	Minimum
Age	Males	Females
18-29	27	22
30-39	21	17
40-49	16	11
50-59	11	10
60 +	9	4

Sit-Ups	Minimum	Minimum
Age	Males	Females
18-29	37/60 Seconds	31/60 Seconds
30-39	33/60 Seconds	24/60 Seconds
40-49	28/60 Seconds	19/60 Seconds
50-59	22/60 Seconds	12/60 Seconds
60 +	18/60 Seconds	5/60 Seconds

Flexibility	Minimum	Minimum
Age	Males	Females
18-29	16.0"	19.0"
30-39	15.0"	17.8"
40-49	14.0"	17.0"
50-59	12.5"	16.0"
60 +	12.0"	15.2"

Bench Press	Minimum	Minimum
Age	Males	Females
18-29	0.96%	0.58%
30-39	0.86%	0.52%
40-49	0.78%	0.48%
50-59	0.70%	0.43%
60 +	0.65%	0.41%
(% of Body Weight for One Repetition)		

1.5 Mile Run	Minimum	Minimum
Age	Males	Females
18-29	13 Min/06 Sec	15 Min/29 Sec
30-39	13 Min/53 Sec	16 Min/23 Sec
40-49	14 Min/47 Sec	16 Min/59 Sec
50-59	15 Min/53 Sec	18 Min/09 Sec
60 +	16 Min/58 Sec	18 Min/54 Sec