



Female Fitness Test and Assessment

Attribute	Exercise	Beginner	Intermediate	Advanced	Elite
Strength	Push Ups	10	25	50	75
	Dips	5	15	25	40
	Pull Ups	3	8	15	25
	Air Squats	25	50	75	100
Power	Vertical Jump	6 inches	12 inches	18 inches	24 inches
Speed	400 M Sprint	2 min 40 sec	2 min 10 sec	1 min 40 sec	1 min 20 sec
Stamina	Cindy*	5	10	15	20
Endurance	5K Run	27 min 54 sec	24 min 48 sec	21 min 42 sec	18 min 36 sec
Body Control	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.