Your Results Rating Scale

	Poor	Below Ave.	Average	Good	Very Good	Excellent	Elite	
Resting Heart Rate	100	90	80	70	60	50	40	30
BMI	15	15.5	16	16.5	17	18	19	20 if < 20
	40	30	25	24	23	22	21	20 if > 20
WHR	1.10	1.00	0.95		0.90		0.85	0.80 (males)
	0.95	0.90	0.85		0.80		0.75	0.70 (females)
Sit & Reach	-20	-10	-5	0	5	10	20	30 (cm)
	-8	-4	-2	0	2	4	8	12 (inches)
Balance	0	10	20	30	40	50	60	120 (sec)
Sit Ups	0	15	25	35	40	45	50	60 (males)
	0	10	20	30	35	40	45	55 (females)
Squats	0	15	25	35	40	45	50	60 (males)
	0	10	20	30	35	40	45	55 (females)
Push Ups	0	5	10	20	30	40	50	70 (males)
	0		5	10	20	30	40	60 (females)
Vertical Jump	10/4	20/8	30/12	40/16	50/20	60/24	70/28	80/32 (males) (cm/inches)
	5/2	10/4	20/8	30/12	40/16	50/20	60/24	70/28 (females)
Quadrant	30	40	50	60	70	80	100	120 (males)
	20	30	40	50	60	70	80	100 (females)
Step Test	140	130	120	110	100	90	80	70 (males)
	150	140	130	120	110	100	90	80 (females)

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