

## Strength and Conditioning Age Related Benchmarks

### Benchmark Male

Age	Push ups (reps)	Incline Pull ups (reps)	Trunk Endurance (secs)	4 Minute Row	Beep Test (level)
11	8	5	60	Please refer to minimum standards for funding	8
12	10	6	80		9
13	12	8	100		10
14	14	10	120		10.05
15	16	12	140		11
16	18	14	180		11.05
17	20	16	180		12
18	22	18	180		12.05

### Benchmark Female

Age	Push ups (reps)	Incline Pull ups (reps)	Trunk Endurance (secs)	4 Minute Row	Beep Test (level)
11	5	5	60	Please refer to minimum standards for funding	6
12	7	7	80		7
13	7	7	100		8
14	7	7	120		9
15	9	9	140		10
16	9	9	180		10.5
17	9	9	180		11
18	9	9	180		11.05

\* Please note these are only guidelines in line with the profiling document standards

