

## Scores Needed for a Perfect PFT (Males)

Age 8	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	40	3in	11.1 sec	8min 48sec	5	23sec

Age 9	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	41	3in	10.9 sec	8min 31sec	5	24sec

Age 10	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	45	4in	10.3 sec	7min 57sec	6	31sec

Age 11	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	47	4in	10 sec	7min 32sec	6	31sec

Age 12	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	50	4in	9.8 sec	7min 11sec	7	30sec

Age 13	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	53	3.5in	9.5 sec	6min 50sec	7	33sec

Age 14	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	56	4.5in	9.1 sec	6min 26sec	10	47sec

Age 15	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	57	5in	9 sec	6min 20sec	11	58sec

Age 16	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	56	6in	8.7 sec	6min 8sec	11	51sec

Age 17	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	55	7in	8.7 sec	6min 6sec	13	51sec

Age 18	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	56	7in	8.7 sec	6min 6sec	13	51sec