

Scores Needed for a Perfect PFT (Females)

Age 8	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	38	4.5in	11.8 sec	10min 2sec	2	17sec

Age 9	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	39	5.5in	11.1 sec	9min 30sec	2	20sec

Age 10	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	40	6in	10.8 sec	9min 19sec	3	22sec

Age 11	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	42	6.5in	10.5 sec	9min 2sec	3	20sec

Age 12	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	45	7in	10.4 sec	8min 23sec	2	21sec

Age 13	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	46	7in	10.2 sec	8min 13sec	2	21sec

Age 14	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	47	8in	10.1 sec	7min 59sec	2	25sec

Age 15	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	48	8in	10 sec	8min 8sec	2	28sec

Age 16	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	45	9in	10.1 sec	8min 23sec	1	24sec

Age 17	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	44	8in	10 sec	8min 15sec	1	24sec

Age 18	Curl-ups	V-Sit	Shuttle Run	Mile Run	Pull-ups	Flex-Arm Hang
	44	8in	10 sec	8min 15sec	1	24sec