

## **Senior Fitness Testing: Age 60-80+ How do you compare?**

Normal range of scores for Men and Women. “Normal” is defined as the middle 50% of the population. Those scoring above this range would be considered “above average” for your age and those below the range as “below average”.

### **Age Range for Men**

Test	60-64	65-69	70-74	75-79	80-84	85-90	90-94
Chair Stand Test (# of stands)	14-19	12-18	12-17	11-17	10-15	8-14	7-12
Arm Curl (# of reps)	16-22	15-21	14-21	13-19	13-19	11-17	10-14
2 ‘ Step Test (# of steps total)	87-115	86-116	80-110	73-109	71-103	59-91	52-86
Chair Sit & Reach (inches + / - )	-2.5 to +4	-3 to +3	-3.5 to +2.5	-4 to +2	-5.5 to +1.5	-5.5 to +0.5	-6.5 to -0.5
Back Scratch (inches + / - )	-6.5 to 0.0	-7.5 to -1.0	-8 to -1.0	-9 to -2	-9.5 to -2.0	-10 to -3.0	-10.5 to -4.0
8’ Up & Go # of seconds needed	5.6 to 3.8	5.7 to 4.3	6.0- to 4.2	7.2 to 4.6	7.6 to 5.2	8.9 to 5.3	10 to 6.2

## Age Range for Women

Test	60-64	65-69	70-74	75-79	80-84	85-90	90-94
Chair Stand Test (# of stands)	12-17	11-16	10-15	10-15	9-14	8-13	4-11
Arm Curl (# of reps)	13-19	12-18	12-17	11-17	10-16	10-15	8-13
2 ' Step Test (# of steps total)	75-107	73-107	68-101	68-100	60-91	55-85	44-72
Chair Sit & Reach (inches + / - )	-.05 to +0.5	-0.5 to +4.5	-1.0 to +4.0	-1.5 to +3.5	-2.0 to +3.0	-2.5 to +2.5	-4.5 to +1.0
Back Scratch (inches + / - )	-3.0 to +1.5	-3.5 to +1.5	-4.0 to +1.0	-5.0 to +0.5	-5.5 to +0.0	-7.0 to +1.0	-8.0 to +1.0
8' Up & Go # of seconds	6.0 to 4.4	6.4 to 4.8	7.1 to 4.9	7.4 to 5.2	8.7 to 5.7	9.6 to 6.2	11.5 to 7.3

**Record your test results here:**

Test	Below Normal	Normal	Above Normal
30-second Chair stand			
Arm Curl (# of reps)			
2' Step Test (total # of steps)			
Chair Sit and Reach (inches + / - )			
Back Scratch (inches + / - )			
8' Up and Go			

**Notes: Areas of strength and weakness**

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