

Test / age	Women						
	24.5 yr.	34.5 yr.	44.5 yr.	54.5 yr.	64.5 yr.	74.5 yr.	85 yr.
Body Composition	22.1	23.1	26.5	30.1	30.9	32.0	>35
Waist / Hip Ratio	0.75	0.76	0.77	0.78	0.81	0.83	>0.86
BMI (kg/m ²)	23.7	24.1	24.3	25.4	27.3	28.5	>30

Test / age	20	25	30	35	40	45	50
BMR (kcal/m ² /hr)	35.3	35.2	35.1	35	34.9	34.5	33.9
BMR (kcal/m ² /hr)	38.6	37.5	36.8	36.5	36.3	36.2	35.8

Test / age	Women/Men					
	24.5 yr.	34.5 yr.	44.5 yr.	54.5 yr.	64.5 yr.	74.5 yr.
FEV1 (%VC)	81%	77.50%	75.50%	74.50%	73.5	71
QT interval (if HR)						
115-84	0.335	0.335	0.34	0.34		
83-72	0.355	0.36	0.365	0.365		
71-63	0.375	0.38	0.38	0.385	units (sec)	
62-56	0.39	0.395	0.4	0.4		
55-45	0.42	0.42	0.425	0.425		

Test / age	22	27	32	37
Hand grip: Sum (R + L) to BW (kg/kg)	0.81	0.86	0.84	0.83
Hand grip: Sum (R + L) to BW (kg/kg)	1.39	1.35	1.33	1.28

	22	27	32	37	42	47	52
Hand grip (R in lb.)	70.4	78.7	74.5	74.1	70.4	65.8	62.2
Hand grip (L in lb.)	61	63.5	68	66.3	62.3	57.3	56
Hand grip (R in lb.)	121	121.8	120.8	119.7	116.8	113.6	109.9
Hand grip (L in lb.)	104.5	110.4	110.5	112.9	112.8	101.9	100.8

Test / age	Women						
	24.5 yr.	34.5 yr.	44.5 yr.	54.5 yr.	64.5 yr.	74.5 yr.	85 yr.
Push up	22	19	16	9	6	4	<4
Curl up	27	25	21	13	9	6	<6
Vertical jump (cm)	30.5	27.5	22.5	15.5	10.5	8.5	6.6
bench press (kg/kg)	0.65	0.57	0.52	0.46	0.45	0.44	0.4
leg press (kg/kg)	1.44	1.27	1.18	1.05	0.99	0.88	0.85

Test / age	Women				
	24.5 yr.	34.5 yr.	44.5 yr. if > age	54.5 yr. age + 10	64.5 yr. age + 20
Shoulder-wrist	<5.5	5.75-7.5	7.75-10.75	11-11.75	> 12.0
neck-trunk	10+	9.75 - 8.0	7.75 - 6.0	5.75 - 2.25	< 2.0

Test / age	Women						
	24.5 yr.	34.5 yr.	44.5 yr.	54.5 yr.	64.5 yr.	74.5 yr.	85 yr.
sit-n-reach (in.)	20	19	18	17.9	16.4	15.5	14.4

Test / age	Women						
	24.5 yr.	34.5 yr.	44.5 yr.	54.5 yr.	64.5 yr.	74.5 yr.	85 yr.
Cooper 12-min (miles)	1.285	1.24	1.18	1.12	1.04	0.925	0.82
3-minute step test (b)	104	106	108	109	113	>115	

VO2max test (ml/kg/r)	35.2	33.8	30.9	28.2	25.8	24.1	23.3
One-mile jog/ 400 me	35.2	33.8	30.9	28.2	25.8	24.1	23.3

Test / age	50 yr.	57 yr.	69.5 yr.	79.5 yr.	85 yr.
Post-50 Step Test	> 96	83-95	80-83	68-79	< 67
Post-50 walk test	<3:55	4:05	4:26	5:13	>5:14

Men						
24.5 yr.	34.5 yr.	44.5 yr.	54.5 yr.	64.5 yr.	74.5 yr.	85 yr.
15.9	19.0	21.1	22.7	23.5	25.0	>27
0.85	0.88	0.92	0.93	0.94	0.96	>0.98
25.3	25.4	26.3	26.4	28.6	30.8	>33.0

55	60	65	70	75+	
33.3	32.7	32.2	31.7	31.3	women
35.4	34.9	34.4	33.8	33.2	men

44.5	54.5	64.4	74.5	85+	
0.77	0.68	0.62	0.54	0.45	women
1.24	1.14	1.04	0.93	0.82	men

57	62	67	72	75+	
57.3	55.1	49.6	49.6	42.6	women
47.3	45.7	41	41.5	37.6	women
101.1	91.1	89.7	75.3	65.7	men
83.2	76.8	76.8	64.8	55	men

Men						
24.5 yr.	34.5 yr.	44.5 yr.	54.5 yr.	64.5 yr.	74.5 yr.	85 yr.
31	21	14	10	9	7	<7
27	39	31	27	16	9	<9
50.5	42.5	33.5	30.5	26.5	22.5	17.5
1.06	0.93	0.84	0.75	0.68	0.63	0.57
1.91	1.71	1.62	1.52	1.43	1.3	1.25

Men				
24.5 yr.	34.5 yr.	44.5 yr. if> age	54.5 yr. age + 10	64.5 yr. age + 20
< 6.0	8.25 - 6.25	11.5 - 8.5	12.5 - 11.75	> 12.75
>10.25	10.0 - 8.25	8.0 - 6.25	6.0 - 3.25	< 3.0

Men						
24.5 yr.	34.5 yr.	44.5 yr.	54.5 yr.	64.5 yr.	74.5 yr.	85 yr.
17.5	16.5	15.3	14.5	13.5	12.5	11.3

Men						
24.5 yr.	34.5 yr.	44.5 yr.	54.5 yr.	64.5 yr.	74.5 yr.	85 yr.
1.57	1.51	1.465	1.375	1.265	1.115	0.945
102	103	107	111	112	>113	

42.5	41	38.1	35.2	31.8	29.45	27.6
42.5	41	38.1	35.2	31.8	29.45	27.6
50 yr.	57 yr.	69.5 yr.	79.5 yr.	85 yr.		
> 97	92 - 96	86 - 92	80 - 85	< 79		
< 3:45	3:58	4:00	4:12	< 4:24		