Presidential Fitness Test

Group Assessment

Maple Row Homestead Edition

Note: Target values shown as (boys/girls 90th percentile)

	Broad Jump (inches)	Pull-ups (reps)	Plank (seconds)	50Y Dash (seconds)	Vertical Jump (inches)	Push-ups (reps)	Toe Reach (inches)	Shuttle Run (seconds)	Shot Put (inches)	Sit-ups (reps)	Wall Sit (seconds)	1 Mile (minutes)	Chin-ups (reps)	Handstand (seconds)	Jump Rope (reps)	Rope Climb (seconds)
Participant	**78/68**	**10/2**	**180/150**	**7.2/7.8**	**20/16**	**35/20**	**6/8**	**10.5/11.3**	**290/240**	**50/42**	**120/105**	**6:30/7:30**	**12/4**	**20/15**	**140/125**	**12/18**

https://fitness.roaringlambproductions.com/