

Rating	Resting Heart Rate RHR beats/Minute
Excellent	< 60
Good	60-69
Average	70-79
Fair	80-89
Poor	>89

Blood Pressure Ranges	
Good:	<116/<80
Average:	116-140/80-90
Poor:	140/90

Formula for Ideal Body Weight (IBW)

Female: 100 lbs. for first 5 feet
+5 lbs. for every inch after
+ or - 10%

Male: 105 lbs. for first 5 feet
+5 lbs. for every inch after
+ or - 10%

Example: Woman 5 feet, 6 inches
100 + (5 lbs. x 6 inches)
100 + 30 = 130
+ / - 10% = + / - 13 lbs.

Her Ideal Body Weight:
117--143

Sit-and-Reach Test Standards (according to ACSM)

Men	Classification	Women
17.5 or above	Excellent	18 or above
15.75 - 17.4	Good	16.5 - 17.9
13.5 - 15.74	Average	14.5 - 16.4
10.5 - 13.4	Fair	12.25 - 14.4
Less than 10.5	Poor	Less than 12.25

Body Composition Classification According to Percent Body Fat

Age	Excellent	Good	Moderate	Overweight	Significantly Overweight
Under 19	12.0	12.1-17.0	17.1-22.0	22.1-27.0	Over 27.1
20-29	13.0	13.1-18.0	18.1-23.0	23.1-28.0	Over 28.1
30-39	14.0	14.1-19.0	19.1-24.0	24.1-29.0	Over 29.1
40-49	15.0	15.1-20.0	20.1-25.0	25.1-30.0	Over 30.1
Over 50	16.0	16.1-21.5	21.1-26.0	26.1-31.0	Over 31.1

Men

Age	Excellent	Good	Moderate	Overweight	Significantly Overweight
Under 19	17.0	17.1-22.0	22.1-27.0	27.1-32.0	Over 32.1
20-29	18.0	18.1-23.0	23.1-28.0	28.1-33.0	Over 33.1
30-39	19.0	19.1-24.0	24.1-29.0	29.1-34.0	Over 34.1
40-49	20.0	20.1-25.0	25.1-30.0	30.1-35.0	Over 35.1
Over 50	21.0	21.1-26.5	26.1-31.0	31.1-36.0	Over 36.1

Women