

Standard Physical Readiness Test Requirements for Males



Male Age	1M			2M			3M			4M			5M			6M			7M			Male Age
	20-24			25-29			30-34			35-39			40-44			45-49			50+			
Percentile	Crunches	Push-ups	1.5 Mile Run	Crunches	Push-ups	1.5 Mile Run	Crunches	Push-ups	1.5 Mile Run	Crunches	Push-ups	1.5 Mile Run	Crunches	Push-ups	1.5 Mile Run	Crunches	Push-ups	1.5 Mile Run	Crunches	Push-ups	1.5 Mile Run	Percentile
99%	86	75	8:45	82	72	8:45	78	68	9:01	76	66	9:11	73	63	9:25	71	61	9:54	68	59	10:27	99%
98%	85	74	9:00	81	71	9:03	77	67	9:19	75	65	9:31	72	62	9:48	70	60	10:26	67	58	11:02	98%
97%	85	74	9:10	81	71	9:16	77	67	9:31	75	65	9:43	72	62	10:07	70	60	10:47	67	58	11:35	97%
96%	84	73	9:20	80	70	9:25	76	67	9:41	74	65	9:53	71	62	10:17	69	60	11:02	66	58	11:45	96%
95%	84	73	9:28	80	70	9:34	76	66	9:48	74	64	10:01	71	61	10:27	69	59	11:15	66	57	12:03	95%
94%	83	72	9:34	79	69	9:42	75	66	9:56	73	64	10:11	70	61	10:37	68	59	11:25	65	57	12:13	94%
93%	83	72	9:40	79	69	9:48	75	66	10:03	73	64	10:19	70	61	10:46	68	59	11:35	65	57	12:25	93%
92%	82	72	9:46	78	69	9:54	74	65	10:10	72	63	10:25	69	60	10:55	67	58	11:42	64	56	12:37	92%
91%	82	71	9:50	78	68	9:59	74	65	10:16	72	63	10:31	69	60	11:05	67	58	11:49	64	56	12:48	91%
90%	82	71	9:56	78	68	10:04	74	65	10:22	72	63	10:37	69	60	11:12	67	58	11:59	64	56	12:57	90%
89%	81	70	10:00	77	67	10:08	73	64	10:27	71	62	10:43	68	59	11:19	66	57	12:08	63	55	13:01	89%
88%	81	69	10:06	77	67	10:13	73	64	10:33	71	62	10:48	68	59	11:24	66	57	12:14	63	55	13:11	88%
87%	80	68	10:10	76	67	10:17	72	64	10:38	70	62	10:53	67	59	11:31	65	57	12:24	62	55	13:21	87%
86%	80	68	10:14	76	67	10:21	72	63	10:42	70	61	10:58	67	58	11:37	65	56	12:32	62	54	13:29	86%
85%	79	68	10:17	75	66	10:25	71	63	10:47	69	61	11:03	66	58	11:44	64	56	12:38	61	54	13:35	85%
84%	79	68	10:20	75	66	10:29	71	63	10:51	69	61	11:08	66	58	11:48	64	56	12:44	61	54	13:38	84%
83%	79	67	10:24	75	66	10:33	71	63	10:55	69	61	11:14	66	57	11:53	64	55	12:53	61	54	13:43	83%
82%	78	67	10:28	74	65	10:36	70	62	10:59	68	60	11:19	65	57	11:57	63	55	12:58	60	53	13:49	82%
81%	78	67	10:31	74	65	10:40	70	62	11:03	68	60	11:24	65	57	12:05	63	55	13:06	60	53	13:56	81%
80%	78	67	10:34	74	65	10:43	70	62	11:07	68	60	11:29	65	57	12:10	63	55	13:08	60	53	14:08	80%
79%	77	66	10:37	73	64	10:47	69	61	11:11	67	59	11:34	64	56	12:16	62	54	13:12	59	52	14:13	79%
78%	76	66	10:40	72	64	10:50	68	61	11:15	66	59	11:38	63	56	12:23	61	54	13:17	58	52	14:15	78%
77%	76	65	10:43	72	63	10:54	68	60	11:18	66	58	11:42	63	55	12:29	61	53	13:22	58	51	14:24	77%
76%	75	65	10:46	71	63	10:58	67	60	11:22	65	58	11:46	62	55	12:34	60	53	13:26	57	51	14:27	76%
75%	75	65	10:49	71	62	11:01	67	59	11:25	65	57	11:50	62	55	12:40	60	53	13:31	57	51	14:31	75%
74%	74	64	10:52	70	62	11:04	66	59	11:29	64	57	11:55	61	54	12:43	59	52	13:36	56	50	14:36	74%
73%	74	64	10:55	70	61	11:07	66	58	11:32	64	57	11:58	61	54	12:47	59	52	13:42	56	50	14:44	73%
72%	73	64	10:58	69	61	11:10	65	58	11:35	63	56	12:03	60	53	12:51	58	51	13:50	55	49	14:47	72%
71%	73	63	11:00	69	60	11:14	65	57	11:38	63	56	12:08	60	53	12:55	58	51	13:53	55	49	14:52	71%
70%	72	63	11:04	68	60	11:17	64	57	11:42	62	56	12:12	59	53	13:00	57	51	13:58	54	49	14:55	70%

Example: Male age is 32. Column 3M has the age range of 30-34. This column is selected for a 32 year old male. The minimum requirement is 70%. The row with 70% is selected. This male will be required to complete 64 crunches in 2 minutes, 57 push-ups (not timed) and run the mile ½ in 11 minutes 42 seconds.