

4 MINUTE FITNESS TEST CHART

Lwt = Light Weight Hwt = Heavy Weight

Female Lwt = 61.5 Kg or less = 135.6 lbs or less

Gender	Female										Gender	
	19 - 29		30 - 39		40 - 49		50 - 59		60 +			Age Range
	1F		2F		3F		4F		5F			
Weight Division	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Weight Division	
100%	1078	1105	1050	1057	1030	1044	1011	1037	992	1023	100%	
99%	1069	1096	1041	1048	1021	1035	1002	1028	983	1014	99%	
98%	1060	1087	1032	1039	1012	1026	993	1019	974	1005	98%	
97%	1051	1078	1023	1030	1003	1017	984	1010	965	996	97%	
96%	1042	1069	1014	1021	994	1008	975	1001	956	987	96%	
95%	1033	1060	1005	1012	985	999	966	992	947	978	95%	
94%	1024	1051	996	1003	976	990	957	983	938	969	94%	
93%	1015	1042	987	994	967	981	948	974	929	960	93%	
92%	1006	1033	978	985	958	972	939	965	920	951	92%	
91%	997	1024	969	976	949	963	930	956	911	942	91%	
90%	988	1015	960	967	940	954	921	947	902	933	90%	
89%	979	1006	951	958	931	945	912	938	893	924	89%	
88%	970	997	942	949	922	936	903	929	884	915	88%	
87%	961	988	933	940	913	927	894	920	875	906	87%	
86%	952	979	924	931	904	918	885	911	866	897	86%	
85%	943	970	915	922	895	909	876	902	857	888	85%	
84%	934	961	906	913	886	900	867	893	848	879	84%	
83%	925	952	897	904	877	891	858	884	839	870	83%	
82%	916	943	888	895	868	882	849	875	830	861	82%	
81%	907	934	879	886	859	873	840	866	821	852	81%	
80%	898	925	870	877	850	864	831	857	812	843	80%	
79%	889	916	861	868	841	855	822	848	803	834	79%	
78%	880	907	852	859	832	846	813	839	794	825	78%	
77%	871	898	843	850	823	837	804	830	785	816	77%	
76%	862	889	834	841	814	828	795	821	776	807	76%	
75%	853	880	825	832	805	819	786	812	767	798	75%	
74%	844	871	816	823	796	810	777	803	758	789	74%	
73%	835	862	807	814	787	801	768	794	749	780	73%	
72%	826	853	798	805	778	792	759	785	740	771	72%	
71%	817	844	789	796	769	783	750	776	731	762	71%	
70%	798	824	769	776	749	763	730	756	711	743	70%	
69%	789	815	760	767	740	754	721	747	702	734	69%	
68%	780	806	751	758	731	745	712	738	693	725	68%	
67%	771	797	742	749	722	736	703	729	684	716	67%	
66%	762	788	733	740	713	727	694	720	675	707	66%	
65%	753	779	724	731	704	718	685	711	666	698	65%	
64%	744	770	715	722	695	709	676	702	657	689	64%	
63%	735	761	706	713	686	700	667	693	648	680	63%	
62%	726	752	697	704	677	691	658	684	639	671	62%	
61%	717	743	688	695	668	682	649	675	630	662	61%	
60%	708	734	679	686	659	673	640	666	621	653	60%	

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	Female										
Gender											Gender
Age Range	19 - 29		30 - 39		40 - 49		50 - 59		60 +		Age Range
Weight Division	1F		2F		3F		4F		5F		Weight Division
	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	
59%	699	725	670	677	650	664	631	657	612	644	59%
58%	690	716	661	668	641	655	622	648	603	635	58%
57%	681	707	652	659	632	646	613	639	594	626	57%
56%	672	698	643	650	623	637	604	630	585	617	56%
55%	663	689	634	641	614	628	595	621	576	608	55%
54%	654	680	625	632	605	619	586	612	567	599	54%
53%	645	671	616	623	596	610	577	603	558	590	53%
52%	636	662	607	614	587	601	568	594	549	581	52%
51%	627	653	598	605	578	592	559	585	540	572	51%
50%	618	644	589	596	569	583	550	576	531	563	50%
49%	609	635	580	587	560	574	541	567	522	554	49%
48%	600	626	571	578	551	565	532	558	513	545	48%
47%	591	617	562	569	542	556	523	549	504	536	47%
46%	582	608	553	560	533	547	514	540	495	527	46%
45%	573	599	544	551	524	538	505	531	486	518	45%
44%	564	590	535	542	515	529	496	522	477	509	44%
43%	555	581	526	533	506	520	487	513	468	500	43%
42%	546	572	517	524	497	511	478	504	459	491	42%
41%	537	563	508	515	488	502	469	495	450	482	41%
40%	528	554	499	506	479	493	460	486	441	473	40%
39%	519	545	490	497	470	484	451	477	432	464	39%
38%	510	536	481	488	461	475	442	468	423	455	38%
37%	501	527	472	479	452	466	433	459	414	446	37%
36%	492	518	463	470	443	457	424	450	405	437	36%
35%	483	509	454	461	434	448	415	441	396	428	35%
34%	474	500	445	452	425	439	406	432	387	419	34%
33%	465	491	436	443	416	430	397	423	378	410	33%
32%	456	482	427	434	407	421	388	414	369	401	32%
31%	447	473	418	425	398	412	379	405	360	392	31%
30%	438	464	409	416	389	403	370	396	351	383	30%
29%	429	455	400	407	380	394	361	387	342	374	29%
28%	420	446	391	398	371	385	352	378	333	365	28%
27%	411	437	382	389	362	376	343	369	324	356	27%
26%	402	428	373	380	353	367	334	360	315	347	26%
25%	393	419	364	371	344	358	325	351	306	338	25%
24%	384	410	355	362	335	349	316	342	297	329	24%
23%	375	401	346	353	326	340	307	333	288	320	23%
22%	366	392	337	344	317	331	298	324	279	311	22%
21%	357	383	328	335	308	322	289	315	270	302	21%
20%	348	374	319	326	299	313	280	306	261	293	20%
19%	339	365	310	317	290	304	271	297	252	284	19%

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Gender		Female												Gender	
Age Range		19 - 29		30 - 39		40 - 49		50 - 59		60 +		Age Range			
Weight Division		1F		2F		3F		4F		5F		Weight Division			
Weight Division		Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Weight Division	
18%		330	356	301	308	281	295	262	288	243	275	18%			
17%		321	347	292	299	272	286	253	279	234	266	17%			
16%		312	338	283	290	263	277	244	270	225	257	16%			
15%		303	329	274	281	254	268	235	261	216	248	15%			
14%		294	320	265	272	245	259	226	252	207	239	14%			
13%		285	311	256	263	236	250	217	243	198	230	13%			
12%		276	302	247	254	227	241	208	234	189	221	12%			
11%		267	293	238	245	218	232	199	225	180	212	11%			
10%		258	284	229	236	209	223	190	216	171	203	10%			
9%		249	275	220	227	200	214	181	207	162	194	9%			
8%		240	266	211	218	191	205	172	198	153	185	8%			
7%		231	257	202	209	182	196	163	189	144	176	7%			
6%		222	248	193	200	173	187	154	180	135	167	6%			
5%		213	239	184	191	164	178	145	171	126	158	5%			
4%		204	230	175	182	155	169	136	162	117	149	4%			
3%		195	221	166	173	146	160	127	153	108	140	3%			
2%		186	212	157	164	137	151	118	144	99	131	2%			
1%		177	203	148	155	128	142	109	135	90	122	1%			
0%		168	194	139	146	119	133	100	126	81	113	0%			

4 MINUTE FITNESS TEST CHART

Lwt = Light Weight Hwt = Heavy Weight

Male Lwt = 75 Kg or less = 165.3 lbs or less

Gender	Male										Gender	
	19 - 29		30 - 39		40 - 49		50 - 59		60 +			Age Range
	1M		2M		3M		4M		5M			
	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt		
100%	1243	1281	1227	1237	1208	1219	1172	1182	1131	1141	100%	
99%	1234	1272	1218	1228	1199	1210	1163	1173	1122	1132	99%	
98%	1225	1263	1209	1219	1190	1201	1154	1164	1113	1123	98%	
97%	1216	1254	1200	1210	1181	1192	1145	1155	1104	1114	97%	
96%	1207	1245	1191	1201	1172	1183	1136	1146	1095	1105	96%	
95%	1198	1236	1182	1192	1163	1174	1127	1137	1086	1096	95%	
94%	1189	1227	1173	1183	1154	1165	1118	1128	1077	1087	94%	
93%	1180	1218	1164	1174	1145	1156	1109	1119	1068	1078	93%	
92%	1171	1209	1155	1165	1136	1147	1100	1110	1059	1069	92%	
91%	1162	1200	1146	1156	1127	1138	1091	1101	1050	1060	91%	
90%	1153	1191	1137	1147	1118	1129	1082	1092	1041	1051	90%	
89%	1144	1182	1128	1138	1109	1120	1073	1083	1032	1042	89%	
88%	1135	1173	1119	1129	1100	1111	1064	1074	1023	1033	88%	
87%	1126	1164	1110	1120	1091	1102	1055	1065	1014	1024	87%	
86%	1117	1155	1101	1111	1082	1093	1046	1056	1005	1015	86%	
85%	1108	1146	1092	1102	1073	1084	1037	1047	996	1006	85%	
84%	1099	1137	1083	1093	1064	1075	1028	1038	987	997	84%	
83%	1090	1128	1074	1084	1055	1066	1019	1029	978	988	83%	
82%	1081	1119	1065	1075	1046	1057	1010	1020	969	979	82%	
81%	1072	1110	1056	1066	1037	1048	1001	1011	960	970	81%	
80%	1063	1101	1047	1057	1028	1039	992	1002	951	961	80%	
79%	1054	1092	1038	1048	1019	1030	983	993	942	952	79%	
78%	1045	1083	1029	1039	1010	1021	974	984	933	943	78%	
77%	1036	1074	1020	1030	1001	1012	965	975	924	934	77%	
76%	1027	1065	1011	1021	992	1003	956	966	915	925	76%	
75%	1018	1056	1002	1012	983	994	947	957	906	916	75%	
74%	1009	1047	993	1003	974	985	938	948	897	907	74%	
73%	1000	1038	984	994	965	976	929	939	888	898	73%	
72%	991	1029	975	985	956	967	920	930	879	889	72%	
71%	982	1020	966	976	947	958	911	921	870	880	71%	
70%	962	1000	946	957	927	938	891	901	850	860	70%	
69%	953	991	937	948	918	929	882	892	841	851	69%	
68%	944	982	928	939	909	920	873	883	832	842	68%	
67%	935	973	919	930	900	911	864	874	823	833	67%	
66%	926	964	910	921	891	902	855	865	814	824	66%	
65%	917	955	901	912	882	893	846	856	805	815	65%	
64%	908	946	892	903	873	884	837	847	796	806	64%	
63%	899	937	883	894	864	875	828	838	787	797	63%	
62%	890	928	874	885	855	866	819	829	778	788	62%	
61%	881	919	865	876	846	857	810	820	769	779	61%	
60%	872	910	856	867	837	848	801	811	760	770	60%	

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Lwt = Light Weight Hwt = Heavy Weight

Male Lwt = 75 Kg or less = 165.3 lbs or less

Gender	Male										Gender	
	19 - 29		30 - 39		40 - 49		50 - 59		60 +			Age Range
	1M		2M		3M		4M		5M			
Weight Division	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Weight Division	
59%	863	901	847	858	828	839	792	802	751	761	59%	
58%	854	892	838	849	819	830	783	793	742	752	58%	
57%	845	883	829	840	810	821	774	784	733	743	57%	
56%	836	874	820	831	801	812	765	775	724	734	56%	
55%	827	865	811	822	792	803	756	766	715	725	55%	
54%	818	856	802	813	783	794	747	757	706	716	54%	
53%	809	847	793	804	774	785	738	748	697	707	53%	
52%	800	838	784	795	765	776	729	739	688	698	52%	
51%	791	829	775	786	756	767	720	730	679	689	51%	
50%	782	820	766	777	747	758	711	721	670	680	50%	
49%	773	811	757	768	738	749	702	712	661	671	49%	
48%	764	802	748	759	729	740	693	703	652	662	48%	
47%	755	793	739	750	720	731	684	694	643	653	47%	
46%	746	784	730	741	711	722	675	685	634	644	46%	
45%	737	775	721	732	702	713	666	676	625	635	45%	
44%	728	766	712	723	693	704	657	667	616	626	44%	
43%	719	757	703	714	684	695	648	658	607	617	43%	
42%	710	748	694	705	675	686	639	649	598	608	42%	
41%	701	739	685	696	666	677	630	640	589	599	41%	
40%	692	730	676	687	657	668	621	631	580	590	40%	
39%	683	721	667	678	648	659	612	622	571	581	39%	
38%	674	712	658	669	639	650	603	613	562	572	38%	
37%	665	703	649	660	630	641	594	604	553	563	37%	
36%	656	694	640	651	621	632	585	595	544	554	36%	
35%	647	685	631	642	612	623	576	586	535	545	35%	
34%	638	676	622	633	603	614	567	577	526	536	34%	
33%	629	667	613	624	594	605	558	568	517	527	33%	
32%	620	658	604	615	585	596	549	559	508	518	32%	
31%	611	649	595	606	576	587	540	550	499	509	31%	
30%	602	640	586	597	567	578	531	541	490	500	30%	
29%	593	631	577	588	558	569	522	532	481	491	29%	
28%	584	622	568	579	549	560	513	523	472	482	28%	
27%	575	613	559	570	540	551	504	514	463	473	27%	
26%	566	604	550	561	531	542	495	505	454	464	26%	
25%	557	595	541	552	522	533	486	496	445	455	25%	
24%	548	586	532	543	513	524	477	487	436	446	24%	
23%	539	577	523	534	504	515	468	478	427	437	23%	
22%	530	568	514	525	495	506	459	469	418	428	22%	
21%	521	559	505	516	486	497	450	460	409	419	21%	
20%	512	550	496	507	477	488	441	451	400	410	20%	
19%	503	541	487	498	468	479	432	442	391	401	19%	

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Weight Division		Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Lwt	Hwt	Weight Division	
18%	494	532	478	489	459	470	423	433	382	392	18%				
17%	485	523	469	480	450	461	414	424	373	383	17%				
16%	476	514	460	471	441	452	405	415	364	374	16%				
15%	467	505	451	462	432	443	396	406	355	365	15%				
14%	458	496	442	453	423	434	387	397	346	356	14%				
13%	449	487	433	444	414	425	378	388	337	347	13%				
12%	440	478	424	435	405	416	369	379	328	338	12%				
11%	431	469	415	426	396	407	360	370	319	329	11%				
10%	422	460	406	417	387	398	351	361	310	320	10%				
9%	413	451	397	408	378	389	342	352	301	311	9%				
8%	404	442	388	399	369	380	333	343	292	302	8%				
7%	395	433	379	390	360	371	324	334	283	293	7%				
6%	386	424	370	381	351	362	315	325	274	284	6%				
5%	377	415	361	372	342	353	306	316	265	275	5%				
4%	368	406	352	363	333	344	297	307	256	266	4%				
3%	359	397	343	354	324	335	288	298	247	257	3%				
2%	350	388	334	345	315	326	279	289	238	248	2%				
1%	341	379	325	336	306	317	270	280	229	239	1%				
0%	332	370	316	327	297	308	261	271	220	230	0%				