

SUMMARY

UNIVERSITY OF MARYLAND / YMCA RATING SCALE

For Males Age 30 to 39

Rating	Vital Capacity (cc/100)	Body Fat %	Aerobic Capacity (VO ₂ max)	Flex. (cm)	Sit Ups (number)	Push Ups (number)	Hand Grip (kg)
Excellent	46 or >	12 or <	52 or >	52 or >	47 or >	38 or >	51 or >
Good	45 - 41	13 - 15	51 - 48	51 - 47	46 - 42	37 - 32	50 - 47
Above Average	40 - 38	16 - 18	47 - 43	46 - 44	41 - 38	31 - 28	46 - 46
Average	37 - 35	19 - 21	42 - 39	43 - 39	37 - 35	27 - 24	45 - 43
Below Average	34 - 30	22 - 23	38 - 35	38 - 34	34 - 31	23 - 20	42 - 41
Poor	29 - 23	24 - 27	34 - 31	33 - 26	30 - 26	19 - 14	40 - 37
Very Poor	22 or <	28 or >	30 or <	25 or <	25 or <	13 or <	36 or <

The data contained in this document is for information purposes only. The assessment indicates how you compare with persons your own age and sex. This is not a medical examination. You should consult your physician before starting any diet or entering an exercise program.