

## FITNESS TESTS AND STANDARDS

Position Number	1-5	6-10	11-15
<b>MULTI-STAGE BLEEP TEST</b>			
Superior	14	15	16
Excellent	13	14	15
Good	12	13	14
Average	11	12	13
<b>ONE MILE RUN</b>			
Superior	5.40	5.30	5.30
Excellent	5.50	5.40	5.40
Good	6.00	5.50	5.50
Average	6.40	6.00	6.00
<b>40 YARD SPRINT</b>			
Superior	4.8	4.6	4.5
Excellent	4.9	4.7	4.6
Good	5.0	4.8	4.7
Average	5.2	5.0	4.9
<b>STRENGTH TESTS (applies to all positions)</b>			
	<b>PUSH-UPS</b>	<b>SIT-UPS</b>	<b>PULL-UPS</b>
Superior	60+	60+	16+
Excellent	55-59	55-59	14-15
Good	50-54	50-54	12-13
Average	45-49	45-49	10-11
	<b>BENCH PRESS*</b>	<b>BACK SQUAT*</b>	<b>POWER CLEAN*</b>
Superior	1.5	2.2	1.35
Excellent	1.4	2.0	1.25
Good	1.3	1.8	1.15
Average	1.2	1.6	1.05

\*Indicates one repetition of maximum weight. For example a superior bench press is considered a 1.5 times the bodyweight of the lifter. For a 200 lb player that would amount to a bench press of 300 lbs.