

# Fitness 25 at Age 50

Successfully go to Fit to Fitter to Fittest in each category

FIT		FITTER		FITTEST	
Isometric Deadlift	Bodyweight	Isometric Deadlift	1.5 x Bodyweight	Isometric Deadlift	2.0 x Bodyweight
Wall Sit	90 Seconds	Wall Sit	120 Seconds	Wall Sit	150 Seconds
Pull-Ups	10	Pull-Ups	15	Pull-Ups	18
Push-Ups	15	Push-Ups	20	Push-Ups	25
Planks	2 Minutes	Planks	3 Minutes	Planks	5 Minutes
Vertical Jump Test	20 Inches	Vertical Jump Test	23 Inches	Vertical Jump Test	25 + Inches
Long Jump Test	7 Feet	Long Jump Test	8 Feet	Long Jump Test	8.5 Feet
Dead Hang	90 Seconds	Dead Hang	120 Seconds	Dead Hang	150 Seconds
Cooper 1.5 Mile Fitness Test	12:18	Cooper 1.5 Mile Fitness Test	11:41	Cooper 1.5 Mile Fitness Test	10:16
Sit and Reach Test	21 Inches	Sit and Reach Test	25 Inches	Sit and Reach Test	30 + Inches
<b>Equipment Based Metrics:</b>		<b>Equipment Based Metrics:</b>		<b>Equipment Based Metrics:</b>	
<b>DB Bench Press:</b>		<b>DB Bench Press:</b>		<b>DB Bench Press:</b>	
<b>BB Back Squat:</b>		<b>BB Back Squat:</b>		<b>BB Back Squat:</b>	
<b>Trap Bar Deadlift:</b>		<b>Trap Bar Deadlift:</b>		<b>Trap Bar Deadlift:</b>	

**\*\* Metrics will be dependent on biological gender, age, and weight \*\***