



CBA FITNESS TEST



PUSH-UPS

POINTS	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
# COMPLETED	5					6					7					8
POINTS	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
# COMPLETED					9					10					11	
POINTS	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57
# COMPLETED				12					13					14		
POINTS	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73
# COMPLETED			15		16		17		18		19		20	21	22	23
POINTS	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89
# COMPLETED	24	25	26	27	28	29	30	31	32	33	34/35	36/37	38/39	40/41	42/43	44/45
POINTS	90	91	92	93	94	95	96	97	98	99	100					
# COMPLETED	46/47	48/49	50/51	52/53	54	55	56	57	58	59	60					

SIT-UPS

POINTS	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
# COMPLETED	25		26		27		28		29		30		31		32	
POINTS	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
# COMPLETED	33		34		35		36		37		38		39		40	
POINTS	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57
# COMPLETED	41		42		43		44		45		46		47		48	
POINTS	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73
# COMPLETED	49		50	52	54	56	58	60	62	64	66	68	70	71	72	73
POINTS	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89
# COMPLETED	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89
POINTS	90	91	92	93	94	95	96	97	98	99	100					
# COMPLETED	90	91	92	93	94	95	96	97	98	99	100					

PULL-UPS

POINTS	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
# COMPLETED	1										2					
POINTS	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
# COMPLETED					3										4	
POINTS	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57
# COMPLETED									5							
POINTS	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73
# COMPLETED			6		7		8		9		10		11		12	
POINTS	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89
# COMPLETED	13		14		15		16		17		18		19		20	
POINTS	90	91	92	93	94	95	96	97	98	99	100					
# COMPLETED	21		22		23			24			25					



CBA FITNESS TEST



SHUTTLE-RUN

POINTS	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
TIME	11.1					11.0					10.9					10.8
POINTS	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
TIME					10.7					10.6					10.5	
POINTS	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57
TIME				10.4					10.3						10.2	
POINTS	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73
TIME			10.0		9.9		9.8		9.7		9.6		9.5			9.4
POINTS	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89
TIME			9.3			9.2			9.1			9.0			8.9	
POINTS	90	91	92	93	94	95	96	97	98	99	100					
TIME		8.8			8.7			8.6			8.5					

MILE RUN

POINTS	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
TIME	12:00	11:50	11:40		11:30		11:20		11:10		10:00					9:50
POINTS	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
TIME			9:40				9:30				9:20				9:10	
POINTS	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57
TIME			9:00				8:50				8:40				8:30	
POINTS	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73
TIME			8:20		8:10		8:00		7:50		7:40		7:30		7:20	
POINTS	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89
TIME	7:10		7:00		6:50		6:40		6:30		6:20		6:10		6:00	
POINTS	90	91	92	93	94	95	96	97	98	99	100					
TIME	5:50		5:40		5:30		5:20		5:10		5:00					

GRADING SCALE: (*Unfinished fitness tests will result in and INC*)

Points = Grade Points = Grade Points = Grade

(470-500) = 100% (270-299) = 70% (70-99) = 40%

(440-469) = 95% (240-269) = 65% (40-69) = 35%

(400-439) = 90% (200-239) = 60% (30-39) = 30%

(370-399) = 85% (170-199) = 55% (20-29) = 20%

(340-369) = 80% (140-169) = 50% (10-19) = 10%

(300-339) = 75% (100-139) = 45% (0-10) = 0%