

# *Buffalo Fitness Standards*

## *Boys*

<b>Age</b>	<b>Sit and Reach</b>	<b>Sit Ups</b>	<b>Push Ups</b>	<b>Shuttle Run</b>	<b>Mile Run</b>
<b>9</b>	28	41	18	10.7	8:31
<b>10</b>	29	45	22	10.5	8:15
<b>11</b>	30	47	25	10.3	7:57
<b>12</b>	31	50	27	10.1	7:32

# *Buffalo Fitness Standards*

## *Girls*

<b>Age</b>	<b>Sit and Reach</b>	<b>Sit Ups</b>	<b>Push Ups</b>	<b>Shuttle Run</b>	<b>Mile Run</b>
<b>9</b>	32	39	18	11.1	9:30
<b>10</b>	33	40	19	10.8	9:19
<b>11</b>	34	42	20	10.5	9:02
<b>12</b>	35	43	20	10.4	8:50