

Buffalo Fitness Standards

Boys

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

Buffalo Fitness Standards

Girls

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