



#9

CADET FITNESS ASSESSMENT INCENTIVE LEVEL STANDARDS – FEMALE

Age	20-m Shuttle Run Test				Curl-Up (no. completed)				Push-Up (no. completed)			
	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.
12	15–22	23–31	32–40	41 +	18–21	22–26	27–31	32 +	7–8	9–11	12–14	15 +
13	23–31	32–40	41–50	51 +	18–21	22–26	27–31	32 +	7–8	9–11	12–14	15 +
14	23–31	32–40	41–50	51 +	18–21	22–26	27–31	32 +	7–8	9–11	12–14	15 +
15	32–37	38–43	44–50	51 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
16	32–40	41–50	51–60	61 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
17	41–46	47–53	54–60	61 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
18	41–50	51–60	61–71	72 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
Age	Trunk Lift (in cm)				Back Saver Sit and Reach (in cm)				Shoulder Stretch			
	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.
12	23	25	28	30	25	25	25	25	Cadets must be able to touch their fingertips together behind their back on both the right and left sides.			
13	23	25	28	30	25	25	25	25				
14	23	25	28	30	25	25	25	25				
15	23	25	28	30	30	30	30	30				
16	23	25	28	30	30	30	30	30				
17	23	25	28	30	30	30	30	30				
18	23	25	28	30	30	30	30	30				



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