



CADET FITNESS ASSESSMENT INCENTIVE LEVEL STANDARDS – MALE

20-m Shuttle Run Test					Curl-Up (no. completed)				Push-Up (no. completed)			
Age	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.
12	32–44	45–57	58–71	72 +	18–23	24–29	30–35	36 +	10–12	13–15	16–19	20 +
13	41–54	55–68	69–82	83 +	21–26	27–32	33–39	40 +	12–15	16–19	20–24	25 +
14	41–54	55–68	69–82	83 +	24–30	31–37	38–44	45 +	14–18	19–23	24–29	30 +
15	51–64	65–78	79–93	94 +	24–30	31–38	39–46	47 +	16–21	22–27	28–34	35 +
16	61–71	72–82	83–93	94 +	24–30	31–38	39–46	47 +	18–22	23–28	29–34	35 +
17	61–75	76–90	91–105	106 +	24–30	31–38	39–46	47 +	18–22	23–28	29–34	35 +
18	72–82	83–93	94–105	106 +	24–30	31–38	39–46	47 +	18–22	23–28	29–34	35 +
Trunk Lift (in cm)					Back Saver Sit and Reach (in cm)				Shoulder Stretch			
Age	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.
12	23	25	28	30	20	20	20	20	Cadets must be able to touch their fingertips together behind their back on both the right and left sides.			
13	23	25	28	30	20	20	20					
14	23	25	28	30	20	20	20					
15	23	25	28	30	20	20	20					
16	23	25	28	30	20	20	20					
17	23	25	28	30	20	20	20					
18	23	25	28	30	20	20	20					

