

**ACA FITNESS
COMBINE**



BENCHMARK TABLES

AIS 20m Shuttle Run (Beep Test) Benchmarks Female (stage, level)

Age	U10	Est. VO2 Max	U12	Est. VO2 Max	U14	Est. VO2 Max	U16	Est. VO2 Max	U18	Est. VO2 Max	U21+	Est. VO2 Max
Target Goal	7,2	37.1	9,2	43.9	10,2	47.4	11,5	51.7	11,9	52.8	12,5	55.1
Good	6,8	35.7	7,4	37.8	8,3	40.8	9,4	44.5	10,2	47.4	11,5	51.7
Needs Training	5,6	31.8	6,2	33.6	6,4	34.3	8,2	40.5	8,5	41.5	10,2	47.4

AIS 20m Shuttle Run (Beep Test) Benchmarks Male (stage, level)

Age (Men)	U10	Est. VO2 Max	U12	Est. VO2 Max	U14	Est. VO2 Max	U16	Est. VO2 Max	U18	Est. VO2 Max	U21+	Est. VO2 Max
Target Goal	8,2	40.5	9,2	43.9	11,6	51.9	12,8	56.0	13,10	59.8	14,2	61.1
Good	6,10	36.4	7,4	37.8	9,4	44.5	11,6	51.9	12,6	55.4	13,2	57.6
Needs Training	5,6	31.8	6,2	33.6	8,2	40.5	9,4	44.5	10,4	48.0	11,6	51.9



Hexagonal Obstacle Benchmarks Female (seconds):

Age	12	13	14	15	16	17	18	19	20+
Target Goal	23,00	22,31	21,63	21,00	20,45	20,02	19,69	19,46	19,29
Good	24,33	23,64	22,96	22,32	21,75	21,27	20,91	20,64	20,45
Needs Training	25,67	24,98	24,30	23,65	23,04	22,53	22,12	21,82	21,49

Hexagonal Obstacle Benchmarks Male (seconds):

Age	12	13	14	15	16	17	18	19	20+
Target Goal	22,00	21,48	20,98	20,51	20,10	19,74	19,43	19,17	18,96
Good	24,00	23,42	22,85	22,32	21,82	21,37	20,97	20,61	20,30
Needs Training	26,00	25,31	24,64	23,99	23,36	22,78	22,25	21,79	21,38



Modified Hexagonal Agility Test (seconds)

Age	8	9	10	11
Target Goal	9.00	9.50	9.40	9.30
Good	11.00	10.50	10.40	10.30
Needs Training	13.30	13.30	13.15	13.00



Standing Long Jump Benchmarks Female (meters):

Age	8	9	10	11	12	13	14	15	16	17	18	19	20+
Target Goal	1.59	1.69	1.79	1.88	1.98	2.07	2.09	2.09	2.10	2.11	2.19	2.49	2.64
Good	1.48	1.58	1.68	1.78	1.88	1.98	2.00	2.01	2.03	2.04	2.11	2.19	2.34
Needs Training	1.34	1.37	1.44	1.50	1.57	1.63	1.67	1.67	1.69	1.72	1.85	1.86	1.89

Standing Long Jump Benchmarks Male (meters):

Age	8	9	10	11	12	13	14	15	16	17	18	19	20+
Target Goal	1.68	1.79	1.92	2.04	2.20	2.36	2.44	2.50	2.61	2.65	2.70	2.79	2.94
Good	1.57	1.63	1.81	1.93	2.00	2.16	2.30	2.41	2.50	2.61	2.65	2.70	2.79
Needs Training	1.39	1.49	1.58	1.67	1.70	1.86	2.00	2.11	2.28	2.41	2.50	2.61	2.65



Double Leg Penta Jump Benchmarks Female (meters):

Age	12	13	14	15	16	17	18	19	20+
Target Goal	9.0	10.5	10.5	10.8	11.0	11.2	11.3	11.6	12.2
Good	8.0	9.6	9.6	9.6	10.2	10.5	11.0	11.3	11.6
Needs Training	7.5	8.8	8.8	9.0	9.0	9.8	10.3	10.5	11.3

Double Leg Penta Jump Benchmarks Male (meters):

Age	12	13	14	15	16	17	18	19	20+
Target Goal	9.5	11.0	11.0	12.5	12.5	13.2	13.7	13.9	14.3
Good	8.0	10.0	10.0	11.7	11.7	12.0	12.5	12.9	13.3
Needs Training	7.5	9.0	9.0	11.0	11.0	11.3	11.8	12.1	12.5



Single Leg Penta Jump Benchmarks Female (meters):

Age	12	13	14	15	16	17	18	19	20+
Target Goal	7.76	8.36	9.35	9.76	10.21	10.69	10.92	11.13	11.13
Good	7.10	7.76	8.63	8.84	9.91	10.21	10.21	10.71	10.71
Needs Training	6.28	7.10	7.91	7.92	8.94	10.08	10.08	10.39	10.39

Single Leg Penta Jump Benchmarks Male (meters):

Age	12	13	14	15	16	17	18	19	20+
Target Goal	8.82	9.87	10.08	10.47	11.63	11.77	12.17	13.18	13.18
Good	8.01	8.60	8.81	9.43	10.51	10.74	11.63	12.17	12.17
Needs Training	7.20	7.33	7.80	8.22	9.27	10.26	10.60	11.56	11.56



Max Push Ups (Tempo Imposed) Benchmarks all athletes (repetitions):

Age	8	9	10	11	12	13	14	15	16	17	18	19	20+
Target Goal	18	20	25	30	34	41	41	46	50	50	52	54	57
Good	13	15	18	23	27	37	37	42	45	46	46	48	50
Needs Training	10	12	14	18	22	28	28	30	30	31	33	33	35



Pull Up Benchmarks Female (repetitions):

Age	12	13	14	15	16	17	18	19	20+
Target Goal	6	7	8	9	10	12	14	16	16
Good	3	5	6	7	8	10	12	14	14
Needs Training	1	2	3	4	5	6	7	8	8

Pull Up Benchmarks Male (repetitions):

Age	12	13	14	15	16	17	18	19	20+
Target Goal	12	14	16	17	18	18	18	18	18
Good	7	9	10	11	13	13	14	14	15
Needs Training	2	4	6	7	8	9	10	10	11



Bar Hang Benchmarks – Girls (seconds)

Age	8	9	10	11	12	13	14
Target Goal	26	35	38	37	39	42	60
Good	20	22	24	25	28	31	40
Needs Training	11	14	16	16	19	21	23

Bar Hang Benchmarks – Boys (seconds)

Age	8	9	10	11	12	13	14
Target Goal	34	40	48	52	54	58	68
Good	20	23	24	31	31	33	47
Needs Training	17	18	22	25	26	33	40

(Reiman, M.P. & Manske, R.C., 2009)



Sit Up Benchmarks – All Athletes (repetitions)

Age	8	9	10	11	12	13	14	15	16	17	18	20+
Target Goal	35	45	47	50	51	53	59	65	71	77	83	83
Good	30	36	39	40	41	43	49	55	61	67	73	73
Needs Training	26	28	30	33	33	35	41	47	53	61	65	65



Brutal Bench Benchmarks All Athletes (repetitions):

Age	14	15	16	17	18	19	20+
Target Goal	11	13	15	16	17	18	19
Good	7	9	11	12	13	14	15
Needs Training	3	5	7	8	9	10	11



90 Second Box Jump Benchmarks - Female (repetitions):

Age	14	15	16	17	18	19	20+
Target Goal	73	75	78	85	89	89	89
Good	67	71	75	78	81	81	81
Needs Training	50	55	60	65	70	70	70

90 Second Box Jump Benchmarks - Male (repetitions):

Age	14	15	16	17	18	19	20+
Target Goal	73	85	92	97	100	100	100
Good	67	73	85	92	97	97	97
Needs Training	62	67	73	78	83	83	83



60 Second Box Jump Benchmarks – Female (repetitions)

Age	12	13
Target Goal	65	70
Good	55	60
Needs Training	40	45

60 Second Box Jump Benchmarks – Male (repetitions)

Age	12	13
Target Goal	65	70
Good	55	60
Needs Training	40	45



45 Second Box Jump Benchmarks – all athletes (repetitions)

Age	8	9	10	11
Target Goal	30	36	42	58
Good	25	30	37	42
Needs Training	19	20	25	30



Submaximal Squat Benchmarks Female (repetitions)

Age	17	18	19	20+
Target Goal	6	8	12	12
Good	5	6	10	10
Needs Training	4	5	8	8

Submaximal Squat Benchmarks Male (repetitions)

Age	17	18	19	20+
Target Goal	6	8	12	12
Good	5	6	10	10
Needs Training	4	5	8	8



Submaximal Deadlift Benchmarks Female (Repetitions)

Age	17	18	19	20+
Target Goal	6	8	12	12
Good	5	6	10	10
Needs Training	4	5	8	8

Submaximal Deadlift Benchmarks Male (repetitions)

Age	17	18	19	20+
Target Goal	6	8	12	12
Good	5	6	10	10
Needs Training	4	5	8	8

