

**ACA FITNESS
COMBINE**



BENCHMARK TABLES

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

Age	U10	U12	U14	U16	U18	U21+
Target Goal	7,2	9,2	10,2	11,5	11,9	12,5
Good	6,8	7,4	8,3	9,4	10,2	11,5
Needs Training	5,6	6,2	6,4	8,2	8,5	10,2

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

Age (Men)	U10	U12	U14	U16	U18	U21+
Target Goal	8,2	9,2	11,6	12,8	13,10	15,2
Good	6,10	7,4	9,4	11,6	12,6	13,12
Needs Training	5,6	6,2	8,2	9,4	10,4	12,8



Hexagonal Obstacle Benchmarks Female (seconds):

Age	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27+
Target Goal	23,00	22,31	21,63	21,00	20,45	20,02	19,69	19,46	19,29	19,15	19,06	19,00	19,00	19,00	19,00	19,00
Good	24,33	23,64	22,96	22,32	21,75	21,27	20,91	20,64	20,45	20,32	20,24	20,19	20,17	20,17	20,17	20,17
Needs Training	25,67	24,98	24,30	23,65	23,04	22,53	22,12	21,82	21,49	21,42	21,38	21,35	21,35	21,35	21,35	21,25

Hexagonal Obstacle Benchmarks Male (seconds):

Age	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27+
Target Goal	22,00	21,48	20,98	20,51	20,10	19,74	19,43	19,17	18,96	18,79	18,65	18,55	18,47	18,42	18,40	18,40
Good	24,00	23,42	22,85	22,32	21,82	21,37	20,97	20,61	20,30	20,03	19,81	19,63	19,50	19,41	19,34	19,33
Needs Training	26,00	25,31	24,64	23,99	23,36	22,78	22,25	21,79	21,38	21,04	20,77	20,55	20,39	20,28	20,20	20,20



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	21	22	23	24+
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	2.79	2.86	2.93	3.15
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	2.49	2.64	2.79	2.93
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	2.04	2.11	2.19	2.34

Standing Long Jump Benchmarks Male (meters):

Age	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24+
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	3.09	3.20	3.39	3.75
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	2.94	3.09	3.20	3.39
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	2.70	2.79	2.94	3.19



Double Leg Penta Jump Benchmarks Female (meters):

Age	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26+
Target Goal	9.0	10.5	10.5	10.8	11.0	11.2	11.3	11.6	12.2	12.3	12.5	12.6	12.7	12.9	13.1
Good	8.0	9.6	9.6	9.6	10.2	10.5	11.0	11.3	11.6	12.0	12.1	12.2	12.4	12.7	12.9
Needs Training	7.5	8.8	8.8	9.0	9.0	9.8	10.3	10.5	11.3	11.6	11.8	12.0	12.1	12.2	12.4

Double Leg Penta Jump Benchmarks Male (meters):

Age	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26+
Target Goal	9.5	11.0	11.0	12.5	12.5	13.2	13.7	13.9	14.3	14.9	15.1	15.3	15.7	15.7	16.1
Good	8.0	10.0	10.0	11.7	11.7	12.0	12.5	12.9	13.3	12.0	14.9	15.1	15.3	15.3	15.7
Needs Training	7.5	9.0	9.0	11.0	11.0	11.3	11.8	12.1	12.5	11.6	12.8	13.2	13.5	13.9	14.3



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	11.37
Good	7.10	7.76	8.63	8.84	9.91	10.39	10.69	10.71	10.91
Needs Training	6.28	7.10	7.91	7.92	8.94	10.08	10.39	10.61	10.71

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	13.46
Good	8.01	8.60	8.81	9.43	10.51	10.74	11.63	12.37	12.80
Needs Training	7.20	7.33	7.80	8.22	9.27	10.26	10.60	11.56	12.14



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

Age	8	9	10	11	12	13	14	15	16	17	18	19	20	21+
Target Goal	18	20	25	30	34	41	41	46	50	50	52	54	57	60
Good	13	15	18	23	27	37	37	42	45	46	46	48	50	52
Needs Training	10	12	14	18	22	28	28	30	30	31	33	33	35	37



Pull Up Benchmarks Female (repetitions):

Age	12	13	14	15	16	17	18	19	20	21+
Target Goal	6	7	8	9	10	12	14	16	16	16
Good	3	5	6	7	8	10	12	14	14	14
Needs Training	1	2	3	4	5	6	7	8	8	8

Pull Up Benchmarks Male (repetitions):

Age	12	13	14	15	16	17	18	19	20	21+
Target Goal	12	14	16	17	18	18	18	18	18	18
Good	7	9	10	11	13	13	14	14	15	15
Needs Training	2	4	6	7	8	9	10	10	11	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	19	20	21+
Target Goal	35	45	47	50	51	53	59	65	71	77	83	89	95	100
Good	30	36	39	40	41	43	49	55	61	67	73	79	85	90
Needs Training	26	28	30	33	33	35	41	47	53	61	67	73	81	89



Brutal Bench Benchmarks All Athletes (repetitions):

Age	12	13	14	15	16	17	18	19	20	21+
Target Goal	11	12	13	14	15	16	17	18	19	20
Good	7	8	9	10	11	12	13	14	15	16
Needs Training	3	4	5	6	7	8	9	10	11	12



90 Second Box Jump Benchmarks - Female (repetitions):

Age	14	15	16	17	18	19	20	21	22	23	24	25+
Target Goal	84	87	89	91	92	93	94	95	95	95	95	95
Good	67	71	75	78	81	84	86	87	88	89	90	90
Needs Training	50	55	60	65	70	74	77	80	81	82	83	85

90 Second Box Jump Benchmarks - Male (repetitions):

Age	14	15	16	17	18	19	20	21	22	23	24	25+
Target Goal	93	97	100	103	106	108	110	111	112	113	114	115
Good	85	90	94	97	100	102	103	104	105	105	105	105
Needs Training	62	67	73	78	83	86	90	92	94	95	95	95



60 Second Box Jump Benchmarks – Female (repetitions)

Age	12	13
Target Goal	65	75
Good	55	65
Needs Training	40	45

60 Second Box Jump Benchmarks – Male (repetitions)

Age	12	13
Target Goal	65	79
Good	55	70
Needs Training	40	55



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	21+
Target Goal	12	16	20	22	25
Good	10	14	17	19	22
Needs Training	6	9	13	16	19

Submaximal Squat Benchmarks Male (repetitions)

Age	17	18	19	20	21+
Target Goal	12	16	20	22	25
Good	10	14	17	19	22
Needs Training	6	9	13	16	19



Submaximal Deadlift Benchmarks Female (Repetitions)

Age	17	18	19	20	21+
Target Goal	12	16	20	22	25
Good	10	14	17	19	22
Needs Training	6	9	13	16	19

Submaximal Deadlift Benchmarks Male (repetitions)

Age	17	18	19	20	21+
Target Goal	12	16	20	22	25
Good	10	14	17	19	22
Needs Training	6	9	13	16	19

