

		Curl Up	Push Up	Run	Curl Up	Push Up	Run		
17 - 19	OH	109	92	8:15	95	76	9:25	OH	35 - 39
	OL	102	86	9:00	88	70	10:08	OL	
	EL	90	76	9:45	78	60	11:23	EL	
	GL	62	51	11:00	47	37	14:08	GL	
	SM	54	46	12:15	40	33	14:45	SM	
	P	50	42	12:45	37	27	15:00	P	
20 - 24	OH	105	87	8:30	92	72	9:30	OH	40 - 44
	OL	98	81	9:15	85	67	10:15	OL	
	EL	87	71	10:30	76	56	11:45	EL	
	GL	58	47	12:00	44	34	14:30	GL	
	SM	50	42	13:15	37	29	15:15	SM	
	P	46	37	13:30	35	24	15:30	P	
25 - 29	OH	101	84	8:55	88	68	9:33	OH	45 - 49
	OL	95	77	9:38	81	63	10:30	OL	
	EL	84	67	10:52	73	52	12:08	EL	
	GL	54	44	12:53	40	32	14:53	GL	
	SM	47	38	13:45	33	25	15:45	SM	
	P	43	34	14:00	31	21	16:08	P	
30 - 34	OH	98	80	9:20	OH	Outstanding High			OPNAVINST 6110.1J
	OL	92	74	10:00	OL	Outstanding Low			
	EL	81	64	11:15	EL	Excellent Low			
	GL	51	41	13:45	GL	Good Low			
	SM	44	35	14:15	SM	Satisfactory Med			
	P	40	31	14:30	P	Probationary			

		Curl Up	Push Up	Run	Curl Up	Push Up	Run	
17 - 19	OH	109	51	9:29	95	43	10:51	OH
	OL	102	47	11:30	88	39	12:08	OL
	EL	90	42	12:30	78	34	13:45	EL
	GL	62	24	13:30	47	14	15:53	GL
	SM	54	20	14:45	40	11	16:38	SM
	P	50	19	15:00	37	9	17:00	P
20 - 24	OH	105	48	9:47	92	41	10:56	OH
	OL	98	44	11:30	85	37	12:15	OL
	EL	87	39	13:15	76	32	14:00	EL
	GL	58	21	14:15	44	12	16:15	GL
	SM	50	17	15:15	37	9	17:00	SM
	P	46	16	15:30	35	7	17:15	P
25 - 29	OH	101	46	10:17	88	40	10:58	OH
	OL	95	43	11:45	81	35	12:30	OL
	EL	84	37	13:23	73	30	14:08	EL
	GL	54	19	14:53	40	11	16:30	GL
	SM	47	15	15:45	33	7	17:08	SM
	P	43	13	16:08	31	5	17:23	P
30 - 34	OH	98	44	10:46	OH	Outstanding High		
	OL	92	41	12:00	OL	Outstanding Low		
	EL	81	35	13:30	EL	Excellent Low		
	GL	51	17	15:30	GL	Good Low		
	SM	44	13	16:15	SM	Satisfactory Med		
	P	40	11	16:45	P	Probationary		

35 - 39

40 - 44

45 - 49

OPNAVINST 6110.1J