

Crunch Test Norms Chart

Men and Women

| Men RATING | AGE | | | | |
|---------------|-------|-------|-------|-------|-------|
| | 20-29 | 30-39 | 40-49 | 50-59 | 60+ |
| Excellent | >75 | >75 | >75 | >74 | >53 |
| Good | 41-74 | 46-74 | 67-74 | 45-73 | 26-52 |
| Average | 27-40 | 31-45 | 39-66 | 27-44 | 16-25 |
| Fair | 20-26 | 19-30 | 26-38 | 19-26 | 6-15 |
| Poor | 4-19 | 0-18 | 13-25 | 0-18 | 0-5 |

| Women RATING | AGE | | | | |
|-----------------|-------|-------|-------|-------|-------|
| | 20-29 | 30-39 | 40-49 | 50-59 | 60+ |
| Excellent | >70 | >55 | >50 | >48 | >40 |
| Good | 37-69 | 34-54 | 34-49 | 23-47 | 23-39 |
| Average | 27-36 | 21-33 | 25-33 | 9-22 | 13-22 |
| Fair | 17-26 | 12-20 | 14-24 | 0-8 | 3-12 |
| Poor | 0-16 | 0-11 | 0-13 | 0 | 0-2 |