

Nava College Preparatory Fitnessgram Standards

Females HFZ

Age	VO2 Max	BMI	Curl-Up	Trunk Lift	Push-Up	Flexibility
13	≥ 39.7	22.9-15.7	≥18	9" - 12"	≥7	10"
14	≥ 39.4	23.6-16.2	≥18	9" - 12"	≥7	10"
15	≥ 39.1	24.3-16.7	≥18	9" - 12"	≥7	12"
16	≥ 38.9	24.8-17.1	≥18	9" - 12"	≥7	12"
17	≥ 38.8	24.9-17.5	≥18	9" - 12"	≥7	12"
17+	≥ 38.6	24.9-17.8	≥18	9" - 12"	≥7	12"

Males HFZ

Age	VO2 Max	BMI	Curl-Up	Trunk Lift	Push-Up	Flexibility
13	≥ 41.1	22.2-15.8	≥21	9" - 12"	≥12	8"
14	≥ 42.5	23.0-16.4	≥24	9" - 12"	≥14	8"
15	≥ 43.6	23.7-16.9	≥24	9" - 12"	≥16	8"
16	≥ 44.1	24.5-17.5	≥24	9" - 12"	≥18	8"
17	≥ 44.2	24.9-18.1	≥24	9" - 12"	≥18	8"
17+	≥ 44.3	24.9-18.6	≥24	9" - 12"	≥18	8"

Monday/Thursday/Friday

1	8-8:48
BIC	8:48-9:03
2	9:08-9:56
3	10:01-10:49
4	10:54-11:42
5	11:47-12:35
Lunch	12:35-1:05
6	1:10-1:58
7	2:03-2:51

Tuesday

1	8-9:15
BIC	9:15-9:27
2	9:32-10:47
Seminar	10:52-11:37
Lunch	11:37-12:07
3	12:12-1:27
PD	1:36-2:51

Wednesday

4	8-9:15
BIC	9:15-9:31
5	9:36-10:51
Seminar	10:56-11:41
Lunch	11:41-12:11
6	12:16-1:31
7	1:36-2:51