

**MINIMUM FITNESS STANDARDS
INDIANAPOLIS FIRE DEPARTMENT
PFE PROGRAM**

Age Group/ Gender	Predicted VO2 Max	% Body Fat	Acuflex (inches)	Sit-n-Reach (cm)
21-24				
Male	42.49	19.5	11.8	29.5
Female	35.20	26.0	13.0	35.5
25-29				
Male	41.70	21.1	11.8	28.0
Female	34.48	26.5	13.0	34.0
30-34				
Male	40.98	22.6	8.4	27.0
Female	33.76	27.0	11.1	33.0
35-39				
Male	39.53	23.6	8.4	25.0
Female	32.31	28.6	11.1	32.0
40-44				
Male	38.09	24.7	10.0	23.5
Female	30.87	30.3	10.7	30.5
45-49				
Male	36.69	25.5	10.0	23.0
Female	29.45	32.1	10.7	30.5
50-54				
Male	35.20	26.3	8.5	21.5
Female	28.22	34.0	8.5	30.5
55-60				
Male	33.12	26.7	8.5	20.5
Female	26.85	34.4	8.5	28.0
60+				
Male	31.83	27.1	9.3	19.0
Female	25.82	34.8	7.7	26.5