

3-MINUTE STEP TEST FOR MEN

Age	Excellent	Good	Above average	Average	Below average	Poor
18-25	<76	79 → 84	88 → 93	95 → 100	102 → 107	>111
26-35	<76	79 → 85	88 → 94	96 → 102	104 → 110	>114
36-45	<76	80 → 88	88 → 92	100 → 105	108 → 113	>116
46-55	<82	87 → 93	95 → 101	103 → 111	113 → 119	>121
56-65	<77	86 → 94	97 → 100	103 → 109	111 → 117	>119
66+	<81	87 → 92	94 → 102	104 → 110	114 → 118	>121

Source: YMCA Fitness Testing and Assessment Manual, 2000;

VO2 max has not been reliably derived from this test in a large, age-diverse sample population.

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RD Boyd



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