

# Operation Transformation Minimum Fitness Tests

Operation Transformation, in collaboration with DCU School of Health and Human Performance, have developed the Minimum Fitness Tests that will demonstrate the minimum fitness standard for your age group. These tests are designed to show you where you sit within the minimum standards of physical fitness and give you a target to aim for within your age bracket and gender.



Sport Ireland and the network of Local Sports Partnerships are passionate about helping people get active, participating in sport or physical activity and ensuring everyone has the opportunity to do so in their own community.

Meet your daily activity requirement of 60 minutes for children and 30 minutes for adults.



## Why use this resource?

- Test your fitness levels and compare to the minimum standards.
- Build your confidence to regularly participate in sport and physical activity.
- Use the progress tracker to monitor your progress and results.

**Remember:** If you have an underlying medical condition or are currently inactive, you should consult with your GP before starting any new exercise programme.

Don't worry if you cannot meet the fitness standards set out in this booklet on your first attempt, your Local Sport Partnership can help you achieve your own target (details below).

## WAISTLINE MEASUREMENT TEST

**NOTE:** For this test you will need to measure your waistline AND your height in order to get an accurate reading.

### What do I need?

- Tape measure

### What do I need to do?

- Wrap a tape measure around your waist, halfway between the bottom of your ribs and the top of your hips.
- Breathe out naturally before taking the measurement.
- Record the measurement in either centimetres or inches, and repeat for accuracy.
- If you require help, have a partner/family member take the measurement, place your hands on your opposite shoulders and allow them to do the measurement.
- If your waist is larger than 102cm/40inches for men and 94cm/37inches for women, we would advise you to have your waist professionally measured.



### Minimum fitness standards by age:

WAISTLINE MEASUREMENT TEST	
Ages	Males & Females
All ages	Waistline to be no more than half the length of your height

## PRESS-UP TEST

### Full Press-Up: What do I need to do?

- The starting position is facing down with your weight distributed on the hands and feet, arms straight. The body is rigid and straight, and the hands are placed approximately shoulder width apart.
- Lower your body until your chest nears the floor at the bottom of the movement, upper arms parallel with the ground and then return up to the starting position.



Full Press-Up

### Knee Press-Up: What do I need to do?

- Kneel on the floor, hands on either side of the chest and keep your back straight.
- Lower the chest down towards the floor, always to the same level each time, either till your elbows are at right angles or your chest touches the ground.



Knee Press-Up

### What do I need to do?

- Do as many press-ups as you can and count how many you perform.

### Additional Information (Adaptions)

- If required, perform a press-up by standing a few feet away from a wall and place your hands on the wall in front of you, slightly wider than shoulder-width apart.

### Minimum fitness standards by age:

PRESS-UP TEST		
Age	Males	Females
20 - 29	21	14
30 - 39	16	12
40 - 49	12	10
50 - 59	9	6
60 - 69	7	4
70 - 79	5	3
80+	4	2



## BALANCE TEST

### What do I need?

- Stopwatch

### What do I need to do?

- Remove your shoes & socks.
- Cross your arms and raise your preferred leg and hold the position for 30 seconds with your eyes open (do this to ensure that you can safely perform the rest of the test).
- Repeat the same task for 30 seconds with your eyes closed.
- Your time is up when you lose balance/if your standing foot moves/your eyes open/your foot touches the floor.

### Additional Information (Adaptions)

- Try walking 10 steps in a straight line between two points with your eyes open to test your balance. Use a tape measure as a guide to walk along.

### Minimum fitness standards by age:

BALANCE TEST		
Age	Males (in seconds)	Females (in seconds)
20 - 29	8	8
30 - 39	7	7
40 - 49	6	6
50 - 59	5	5
60 - 69	4	4
70 - 79	3	3
80+	2	2



Find some clear space on the floor/ground free of any obstacles

## SIT-TO-STAND TEST

### What do I need

- A chair with a straight back without armrests (i.e. kitchen chair).

### What do I need to do?

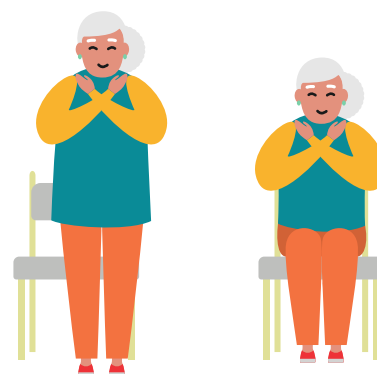
- Sit in the middle of the chair.
- Place your hands on the opposite shoulder crossed at the wrists.
- Keep your feet flat on the floor, your back straight, and your arms against your chest.
- On "Go" rise to a full standing position and then sit back down again.
- Repeat this for 30 seconds, counting how many times you stand up.

### Additional Information (Adaptions)

- Use the back of a chair/walking frame and hold with both hands to assist you if required.

### Minimum fitness standards by age:

SIT-TO-STAND TEST		
Age	Males	Females
20 - 29	24	23
30 - 39	22	21
40 - 49	20	19
50 - 59	18	17
60 - 69	16	15
70 - 79	14	13
80+	10	10



## ENDURANCE TEST

### What do I need?

- Stopwatch
- Fitness tracker (i.e. Fitbit or an app that records distance in km or miles)

### What do I need to do?

- Time yourself as you walk or run for 12 minutes, aiming to cover as much distance as possible.
- Measure the distance you've traveled over the 12 minutes using a fitness tracker or an app that records distance.













### Minimum fitness standards by age:

ENDURANCE TEST (The distance you can travel in 12 minutes)		
Age	Males	Females
20 - 29	2.4km/1.5 miles	2.1km/1.3 miles
30 - 39	2.3km/1.45 miles	2km/1.25 miles
40 - 49	2.2km/1.4 miles	1.9km/1.2 miles
50 - 59	2.1km/1.3 miles	1.8km/1.1 miles
60 - 69	1.9km/1.2 miles	1.7km/1.05 miles
70 - 79	1.8km/1.1 miles	1.6km/1 mile
80+	1.7km/1.05 miles	1.5km/0.95 miles



If you aren't reaching your target right now, don't worry, use our Progress Tracker to help you track your results and perform the test again after a period of time.

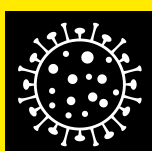
## PROGRESS TRACKER

ATTEMPT NUMBER	ATTEMPT 1		ATTEMPT 2		ATTEMPT 3		ATTEMPT 4		ATTEMPT 5		ATTEMPT 6	
Test	 Target Set	 Achieved Result	 Target Set	 Achieved Result	 Target Set	 Achieved Result	 Target Set	 Achieved Result	 Target Set	 Achieved Result	 Target Set	 Achieved Result
Waistline Measurement Test												
Press-Up Test												
Balance Test												
Sit-to-Stand Test												
Endurance Test												

Don't worry if you don't meet the fitness standard on your first attempt. Note down your result and aim to improve on that figure. Every step towards the target figure is an improvement.

# #BeActive

Don't forget to share your photos/videos on social media and tag @SportIreland, your Local Sports Partnership and use #BeActive



Coronavirus  
**COVID-19**  
 Public Health  
 Advice

We all have a responsibility to protect ourselves and those around us. The latest information, advice and guidelines regarding Covid-19 is available on [www.gov.ie](http://www.gov.ie).