

Fitness Zones for Recommended and Optional Test Items **Boys With Spinal Cord Injury**

Age (yr.)	TAMT (pass/fail)		Percent body fat ^b			Triceps and calf skinfold ^{b,c} (mm)	Reverse curl (# completed)	Seated push-up (# completed)	Bench press (# completed)		Dumbbell press (# completed)	
	NI	HFZ ^a	Very lean	HFZ	NI				NI	HFZ ^a	NI	HFZ ^a
10	F	P	≤8.8	8.9–22.4	22.5	≥33.2	0	≥1	≤4	≥5–20		
11	F	P	≤8.7	8.8–23.6	23.7	≥35.4	0	≥1	≤4	≥5–20		
12	F	P	≤8.3	8.4–23.6	23.7	≥35.9	0	≥1	≤4	≥5–20		
13	F	P	≤7.7	7.8–22.8	22.9	≥35.0	0	≥1	≤4	≥5–20	≤19	20–50
14	F	P	≤7.0	7.1–21.3	21.4	≥33.2	0	≥1	≤4	≥5–20	≤32	33–50
15	F	P	≤6.5	6.6–20.1	20.2	≥31.5	0	≥1	≤4	≥5–20	≤39	40–50
16	F	P	≤6.4	6.5–20.1	20.2	≥31.6	0	≥1	≤4	≥5–20	≤46	47–50
17	F	P	≤6.6	6.7–20.9	21.0	≥33.0	0	≥1	≤4	≥5–20	≤49	50

Age (yr.)	Grip strength (kg)		Modified Apley (score)		Modified Thomas (score)		Target stretch (score)	
	NI	HFZ ^a	NI	HFZ ^a	NI	HFZ ^a	NI	HFZ ^a
10	≤17	≥18	≤2	3	≤2	3	≤1	2
11	≤20	≥21	≤2	3	≤2	3	≤1	2
12	≤24	≥25	≤2	3	≤2	3	≤1	2
13	≤28	≥29	≤2	3	≤2	3	≤1	2
14	≤32	≥33	≤2	3	≤2	3	≤1	2
15	≤36	≥37	≤2	3	≤2	3	≤1	2
16	≤42	≥43	≤2	3	≤2	3	≤1	2
17	≤48	≥49	≤2	3	≤2	3	≤1	2

- a. Based on data from Project Target (1998).
b. Reprinted, by permission, from The Cooper Institute, 2013, *Fitnessgram/Activitygram test administration manual*, updated 4th ed. (Champaign, IL: Human Kinetics), 61.
c. The Cooper Institute, 2013, *Fitnessgram/Activitygram test administration manual*, updated 4th ed. (Champaign, IL: Human Kinetics), 65, 101.

From J. Winnick and F. Short, 2014, *Brookport physical fitness test manual: A health-related assessment for youngsters with disabilities* (Champaign, IL: Human Kinetics).