

# Fitness-Test

**Task:** How long does it take you to take 10 squats with a chair?

## How fit are you?

Under 35 years old

**Men:** 10 seconds max

**Women:** 12 seconds max

35-55 years old

**Men:** 13 seconds max

**Women:** 15 seconds max

Over 55 years old

**Men:** 18 seconds max

**Women:** 19 seconds max

