

Crunch Test Chart (Men)

	AGE				
RATING	20-29	30-39	40-49	50-59	60+
Excellent	>75	>75	>75	>74	>53
Good	41-74	46-74	67-74	45-73	26-52
Average	27-40	31-45	39-66	27-44	16-25
Fair	20-26	19-30	26-38	19-26	6-15
Poor	4-19	0-18	13-25	0-18	0-5