

MALES

NFPA 1582 Fitness Standard by VO ₂ ml/kg/min							
ACSM		Age Group (Decade)					1582
Percentile	Class	20—29	30—39	40—49	50—59	60—69	Category
95	Superior	58.5	44.7	41.9	37.4	32.4	Meets Standard
90	Excellent	55.5	41.7	37.1	34	29.9	
85		53.9	38.1	34.9	32.1	27.8	
80		51.4	36.2	34.2	30.7	26.7	
75		49.5	35	31.8	29.3	25.5	
70	Good	47.9	33.9	30.4	28.2	24.5	
65		46	31.8	29.3	27.1	24	
60		44.5	31.1	28.6	26.3	23.2	
55		43.1	30.7	28	25.7	22.9	
50	Fair	42	30.1	27	24.9	22.4	
45		40.2	29.4	26.2	24.2	21.9	No Duty Restriction; Fitness Program Required
40		38.3	28.1	25.4	23.6	21.4	
35		37.5	27.7	24.9	23.1	21	
30	Poor	36.2	26.9	24	22.6	20.2	Restricted Duty; Fitness Program Required
25		34.7	26.2	22.9	22.1	19.7	
20		33.2	25.4	22.2	21.5	19	
15		31.8	23.9	21.6	20.8	18.4	
10	Very Poor	29.5	21.8	20.6	20.4	17.3	
5		25.5	19.3	18.9	18.1	15.3	

FEMALES

NFPA 1582 Fitness Standard by VO ₂ ml/kg/min							
ACSM		Age Group (Decade)					1582
Percentile	Class	20—29	30—39	40—49	50—59	60—69	Category
95	Superior	45.2	33.2	29.3	25	22	Meets Standard
90	Excellent	42.6	30	26.2	22.6	20.5	
85		40.9	27.8	24.4	21.5	19.3	
80		38.8	26	23.4	20.7	18.8	
75	Good	37.1	25.1	22.6	20.1	18.3	
70		35.6	24.2	22	19.3	17.8	
65		34.6	23.3	21.4	18.9	17.3	
60		33.6	22.5	20.7	18.2	16.7	
55	Fair	32.4	22.1	20	17.7	16.3	
50		31.2	21.7	19.3	17.2	16.1	
45		29.8	21	18.8	17	15.7	No Duty Restriction; Fitness Program Required
40	Poor	28.1	20.1	18.4	16.6	15.4	
35		26.6	19.6	17.9	16.1	15.1	Restricted Duty; Fitness Program Required
30		25.6	18.8	17.1	15.7	14.7	
25		23.2	17.9	16.5	15.3	14.4	
20		21.6	17	15.8	14.9	14	
15	Very Poor	20.4	16.3	15.4	14.4	13.5	
10		19.3	15.2	14.6	13.7	13	
5		17.1	14.4	13.5	12.8	12.2	