**VO2max fitness classifications:**

**Age Poor Fair Average Good Excellent Elite**

**Men** **<29** <25 25-33 34-43 44-52 >53 70-96

**30-39** <23 23-30 31-41 42-49 >50 65-90

**40-49** <20 20-27 28-38 39-44 >45 60-80

**50-59** <18 18-24 25-37 38-42 >43 55-75

**60-69** <16 16-22 23-35 36-40 >41 50-70

**Women** **<29** <24 24-30 31-38 39-48 >49 60-75

**30-39** <20 20-27 28-36 37-44 >45 55-70

**40-49** <17 17-24 25-34 35-41 >42 50-65

**50-59** <15 15-21 22-33 34-39 >40 45-60

**60-69** <13 13-20 21-32 33-36 >37 40-55