

Norms for 3-Minute Step Test (Men)

| Age | | | | | | |
|-------------------------|--------------|--------------|--------------|--------------|--------------|------------|
| Fitness Category | 18-25 | 26-35 | 36-45 | 46-55 | 56-65 | 65+ |
| Excellent | <79 | <81 | <83 | <87 | <86 | <88 |
| Good | 79-89 | 81-89 | 83-96 | 87-97 | 86-97 | 88-96 |
| Above Average | 90-99 | 90-99 | 97-103 | 98-105 | 98-103 | 97-103 |
| Average | 100-105 | 100-107 | 104-112 | 106-116 | 104-112 | 104-113 |
| Below Average | 106-116 | 108-117 | 113-119 | 117-122 | 113-120 | 114-120 |
| Poor | 117-128 | 118-128 | 120-130 | 123-132 | 121-129 | 121-130 |
| Very Poor | >128 | >128 | >130 | >132 | >129 | >130 |

Norms for 3-Minute Step Test (Women)

| Age | | | | | | |
|-------------------------|--------------|--------------|--------------|--------------|--------------|------------|
| Fitness Category | 18-25 | 26-35 | 36-45 | 46-55 | 56-65 | 65+ |
| Excellent | <85 | <88 | <90 | <94 | <95 | <90 |
| Good | 85-98 | 88-99 | 90-102 | 94-104 | 95-104 | 90-102 |
| Above Average | 99-108 | 100-111 | 103-110 | 105-115 | 105-112 | 103-115 |
| Average | 109-117 | 112-119 | 111-118 | 116-120 | 113-118 | 116-122 |
| Below Average | 118-126 | 120-126 | 119-128 | 121-126 | 119-128 | 123-128 |
| Poor | 127-140 | 127-138 | 129-140 | 127-135 | 129-139 | 129-134 |
| Very Poor | >140 | >138 | >140 | >135 | >139 | >134 |