

仰臥捲腹男性常模

10-23 歲男性學生仰臥捲腹百分等級常模 (次數)

百分等級 年齡	百分等級																		
	5th	10th	15th	20th	25th	30th	35th	40th	45th	50th	55th	60th	65th	70th	75th	80th	85th	90th	95th
10	1	3	5	8	9	11	13	15	16	18	20	22	24	26	29	32	37	45	63
11	2	5	7	10	12	14	16	17	20	22	24	26	28	31	34	39	45	53	71
12	3	7	10	13	15	18	20	21	23	25	28	30	32	35	38	43	51	61	75
13	4	9	12	15	17	19	21	23	26	29	30	33	36	40	43	49	57	68	75
14	5	11	14	17	19	21	24	26	28	30	33	35	39	42	47	52	60	74	75
15	7	13	16	19	21	23	26	29	30	32	34	38	41	44	49	55	64	74	75
16	9	14	18	20	22	24	26	29	30	32	34	37	40	42	46	51	57	67	75
17	5	11	16	19	21	23	25	28	30	31	34	37	40	44	49	52	60	74	75
18	6	13	17	19	21	23	25	27	29	30	32	35	39	42	45	50	53	64	75
19	5	11	15	18	20	22	25	27	29	30	32	35	37	41	45	50	55	69	75
20	5	10	15	18	19	21	23	25	28	30	31	33	35	39	44	56	69	74	75
21	9	13	16	20	26	28	34	37	40	41	43	46	50	54	57	63	72	74	75
22	9	14	19	20	22	25	26	27	28	30	33	35	40	44	49	52	65	72	75
23	2	10	14	19	20	22	24	26	28	29	30	31	36	40	43	48	51	60	74

仰臥捲腹女性常模

10-23 歲女性學生仰臥捲腹百分等級常模 (次數)

百分等級 年齡	百分等級																		
	5th	10th	15th	20th	25th	30th	35th	40th	45th	50th	55th	60th	65th	70th	75th	80th	85th	90th	95th
10	1	3	6	8	10	11	13	15	17	19	20	21	23	25	29	32	36	42	64
11	2	5	8	10	12	14	16	17	20	21	23	25	28	30	33	38	42	51	71
12	2	5	8	10	12	14	16	18	20	22	24	26	29	31	35	40	45	54	74
13	2	5	8	11	13	15	17	19	20	22	24	26	29	31	34	39	44	52	74
14	1	4	8	10	12	14	16	17	19	21	23	25	27	30	33	38	43	50	73
15	2	5	8	11	13	15	17	19	20	22	24	26	28	30	33	37	42	50	74
16	1	4	8	11	15	17	19	21	23	25	27	28	30	33	36	40	45	51	71
17	1	4	8	11	14	16	19	20	22	24	26	29	31	34	37	41	47	57	74
18	1	5	9	12	15	17	20	21	24	26	28	30	33	35	39	41	44	51	65
19	1	4	8	11	14	17	19	20	21	23	25	27	29	31	33	37	42	50	69
20	1	4	9	11	13	15	17	19	20	21	24	26	30	31	36	41	49	54	71
21	3	6	10	14	16	18	20	21	22	24	25	28	30	33	38	42	50	58	72
22	1	5	10	13	15	16	19	20	21	23	25	26	28	30	31	34	38	43	68
23	1	3	10	16	19	20	21	22	23	24	25	26	27	29	31	33	43	51	61