

Lari 12 menit Putra		Lari 12 menit Putri	
Jarak	Nilai	Jarak	Nilai
100	3	100	4
200	6	200	8
300	9	300	12
400	12	400	16
500	15	500	20
600	18	600	24
700	21	700	28
800	24	800	32
900	27	900	36
1000	30	1000	40
1100	33	1100	44
1200	36	1200	48
1300	39	1300	52
1400	42	1400	56
1500	45	1500	60
1600	48	1600	64
1700	51	1700	68
1800	54	1800	72
1900	57	1900	76
2000	60	2000	80
2100	63	2100	84
2200	66	2200	88
2300	69	2300	92
2400	72	2400	96
2500	75	2500	100
2600	78		
2700	81		
2800	84		
2900	90		
3000	100		
Push Up, Sit Up, Back Up, putra		Push Up, Sit Up, Back Up, putri	
Gerakan	Nilai	Gerakan	Nilai
1	5	1	7
2	10	2	14
3	15	3	21
4	20	4	28
5	25	5	35
6	30	6	42
7	35	7	49

8	40		8	56
9	45		9	63
10	50		10	70
11	55		11	77
12	60		12	84
13	65		13	91
14	70		14	98
15	75		15	100
16	80			
17	85			
18	90			
19	95			
20	100			