## USAF Physical Fitness Readiness Assessment Scoring

### CROSS-LEG REVERSE CRUNCH SCORING STANDARDS (reps)

| Points | Under 25 | | 25-29 | | 30-34 | | 35-39 | | 40-44 | | 45-49 | | 50-54 | | 55-59 | | 60 and Over | | Points |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | M | F | M | F | M | F | M | F | M | F | M | F | M | F | M | F | M | F | |
| 15.0 | ≥ 60 | ≥ 58 | ≥ 58 | ≥ 56 | ≥ 56 | ≥ 54 | ≥ 54 | ≥ 52 | ≥ 52 | ≥ 50 | ≥ 50 | ≥ 48 | ≥ 48 | ≥ 46 | ≥ 46 | ≥ 44 | ≥ 44 | ≥ 42 | 15.0 |
| 14.5 | 59 | 57 | 57 | 55 | 55 | 53 | 53 | 51 | 51 | 49 | 49 | 47 | 47 | 45 | 45 | 43 | 43 | 41 | 14.5 |
| 14.0 | 58 | 56 | 56 | 54 | 54 | 52 | 52 | 50 | 50 | 48 | 48 | 46 | 46 | 44 | 44 | 42 | 42 | 40 | 14.0 |
| 13.5 | 57 | 55 | 55 | 53 | 53 | 51 | 51 | 49 | 49 | 47 | 47 | 45 | 45 | 43 | 43 | 41 | 41 | 39 | 13.5 |
| 13.0 | 56 | 54 | 54 | 52 | 52 | 50 | 50 | 48 | 48 | 46 | 46 | 44 | 44 | 42 | 42 | 40 | 40 | 38 | 13.0 |
| 12.5 | 55 | 53 | 53 | 51 | 51 | 49 | 49 | 47 | 47 | 45 | 45 | 43 | 43 | 41 | 41 | 39 | 39 | 37 | 12.5 |
| 12.0 | 54 | 52 | 52 | 50 | 50 | 48 | 48 | 46 | 46 | 44 | 44 | 42 | 42 | 40 | 40 | 38 | 38 | 36 | 12.0 |
| 11.5 | 53 | 51 | 51 | 49 | 49 | 47 | 47 | 45 | 45 | 43 | 43 | 41 | 41 | 39 | 39 | 37 | 37 | 35 | 11.5 |
| 11.0 | 52 | 50 | 50 | 48 | 48 | 46 | 46 | 44 | 44 | 42 | 42 | 40 | 40 | 38 | 38 | 36 | 36 | 34 | 11.0 |
| 10.5 | 51 | 49 | 49 | 47 | 47 | 45 | 45 | 43 | 43 | 41 | 41 | 39 | 39 | 37 | 37 | 35 | 35 | 33 | 10.5 |
| 10.0 | 50 | 48 | 48 | 46 | 46 | 44 | 44 | 42 | 42 | 40 | 40 | 38 | 38 | 36 | 36 | 34 | 34 | 32 | 10.0 |
| 9.5 | 49 | 47 | 47 | 45 | 45 | 43 | 43 | 41 | 41 | 39 | 39 | 37 | 37 | 35 | 35 | 33 | 33 | 31 | 9.5 |
| 9.0 | 48 | 46 | 46 | 44 | 44 | 42 | 42 | 40 | 40 | 38 | 38 | 36 | 36 | 34 | 34 | 32 | 32 | 30 | 9.0 |
| 8.5 | 47 | 45 | 45 | 43 | 43 | 41 | 41 | 39 | 39 | 37 | 37 | 35 | 35 | 33 | 33 | 31 | 31 | 29 | 8.5 |
| 8.0 | 46 | 44 | 44 | 42 | 42 | 40 | 40 | 38 | 38 | 36 | 36 | 34 | 34 | 32 | 32 | 30 | 30 | 28 | 8.0 |
| 7.5 | 45 | 43 | 43 | 41 | 41 | 39 | 39 | 37 | 37 | 35 | 35 | 33 | 33 | 31 | 31 | 29 | 29 | 27 | 7.5 |
| 7.0 | 44 | 42 | 42 | 40 | 40 | 38 | 38 | 36 | 36 | 34 | 34 | 32 | 32 | 30 | 30 | 28 | 28 | 26 | 7.0 |
| 6.5 | 43 | 41 | 41 | 39 | 39 | 37 | 37 | 35 | 35 | 33 | 33 | 31 | 31 | 29 | 29 | 27 | 27 | 25 | 6.5 |
| 6.0 | 42 | 40 | 40 | 38 | 38 | 36 | 36 | 34 | 34 | 32 | 32 | 30 | 30 | 28 | 28 | 26 | 26 | 24 | 6.0 |
| 5.5 | 41 | 39 | 39 | 37 | 37 | 35 | 35 | 33 | 33 | 31 | 31 | 29 | 29 | 27 | 27 | 25 | 25 | 23 | 5.5 |
| 5.0 | 40 | 38 | 38 | 36 | 36 | 34 | 34 | 32 | 32 | 30 | 30 | 28 | 28 | 26 | 26 | 24 | 24 | 22 | 5.0 |
| 4.5 | 39 | 37 | 37 | 35 | 35 | 33 | 33 | 31 | 31 | 29 | 29 | 27 | 27 | 25 | 25 | 23 | 23 | 21 | 4.5 |
| 4.0 | 38 | 36 | 36 | 34 | 34 | 32 | 32 | 30 | 30 | 28 | 28 | 26 | 26 | 24 | 24 | 22 | 22 | 20 | 4.0 |
| 3.5 | 37 | 35 | 35 | 33 | 33 | 31 | 31 | 29 | 29 | 27 | 27 | 25 | 25 | 23 | 23 | 21 | 21 | 19 | 3.5 |
| 3.0 | 36 | 34 | 34 | 32 | 32 | 30 | 30 | 28 | 28 | 26 | 26 | 24 | 24 | 22 | 22 | 20 | 20 | 18 | 3.0 |
| 2.5 | 35* | 33* | 33* | 31* | 31* | 29* | 29* | 27* | 27* | 25* | 25* | 23* | 23* | 21* | 21* | 19* | 19* | 17* | 2.5 |
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