

**TABLE 2.6**

**Norms for Cardiorespiratory Fitness Using  
the Sum of Three Recovery Heart Rates  
Obtained Following the Step Test**

<b>Fitness Category</b>	<b>3-Minute Step Test Recovery Index</b>	
	<b>Women</b>	<b>Men</b>
Superior	95–120	95–117
Excellent	121–135	118–132
Good	136–153	133–147
Average	154–174	148–165
Poor	175–204	166–192
Very poor	205–233	193–217

*Fitness categories are for college-age men and women (ages 18–25 years) at the University of Florida who performed the test on an 18-inch bench.*