

8.0	38	36	34	32	30	28	26	24	22	8.0
7.5	37	35	33	31	29	27	25	23	21	7.5
7.0	36	34	32	30	28	26	24	22	20	7.0
6.5	35	33	31	29	27	25	23	21	19	6.5
6.0	34	32	30	28	26	24	22	20	18	6.0
5.5	33	31	29	27	25	23	21	19	17	5.5
5.0	32	30	28	26	24	22	20	18	16	5.0
4.5	31	29	27	25	23	21	19	17	15	4.5
4.0	30	28	26	24	22	20	18	16	14	4.0
3.5	29	27	25	23	21	19	17	15	13	3.5
3.0	28	26	24	22	20	18	16	14	12	3.0
2.5	27*	25*	23*	21*	19*	17*	15*	13*	11*	2.5

USAF AFSPECWAR/EOD Physical Fitness Readiness Assessment Scoring

SIT-UP SCORING STANDARDS (reps)

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

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

