

## VO2MAX FITNESS LEVEL CLASSIFICATION

### Men – VO2max (ml/min/kg)

%	Classification	Years					
		20–29	30–39	40–49	50–59	60–69	70–79
99	<b>Superior</b>	60.5	58.3	56.1	54.0	51.1	49.6
95		55.5	54.1	52.5	49.0	45.7	43.9
90	<b>Excellent</b>	54.0	51.7	49.6	46.8	42.7	39.5
85		51.8	50.0	48.2	44.6	41.0	38.1
80		51.1	48.3	46.4	43.3	39.6	36.7
75	<b>Good</b>	48.5	47.0	44.9	41.8	38.3	35.2
70		47.5	46.0	43.9	41.0	37.4	33.9
65		46.8	45.3	43.1	39.7	36.7	33.1
60		45.6	44.1	42.4	39.0	35.6	32.4
55	<b>Fair</b>	44.8	43.9	41.0	38.1	34.9	31.6
50		43.9	42.4	40.1	37.1	33.8	30.9
45		42.6	41.2	39.5	36.7	33.0	30.1
40		41.7	40.7	38.4	35.5	32.3	29.4
35	<b>Poor</b>	41.0	39.5	37.6	34.8	31.6	28.4
30		39.9	38.7	36.7	33.8	30.8	28.0
25		39.0	37.8	35.9	32.8	29.5	26.9
20		38.0	36.7	34.8	32.0	28.7	25.7
15	<b>Very Poor</b>	36.7	35.2	33.8	30.9	27.3	24.6
10		34.7	33.8	32.3	29.4	25.6	23.0
5		31.8	31.2	29.4	26.9	23.6	20.8
1		26.5	26.5	25.1	22.8	19.7	18.2

**Source:**

ACSM's Guidelines for Exercise Testing and Prescription (ninth edition), American College of Sports Medicine 2013  
 TABLE 4.9 Fitness Categories for Maximal Aerobic Power for Men and Women by Age, (p. 88–93)

### Women – VO2max (ml/min/kg)

%	Classification	Years					
		20–29	30–39	40–49	50–59	60–69	70–79
99	<b>Superior</b>	54.5	52.0	51.1	46.1	42.4	42.4
95		49.6	47.4	45.3	41.0	37.8	37.2
90	<b>Excellent</b>	46.8	45.3	43.1	38.8	35.9	32.5
85		45.3	43.9	41.0	37.0	34.2	32.3
80		43.9	42.4	39.6	36.7	32.7	30.6
75	<b>Good</b>	42.4	41.0	38.6	35.2	32.3	29.8
70		41.1	39.6	38.1	34.2	31.1	29.4
65		41.0	38.5	36.7	33.3	30.9	29.4
60		39.5	37.7	35.9	32.6	29.7	28.1
55	<b>Fair</b>	38.5	36.9	35.2	32.3	29.4	28.0
50		37.8	36.7	34.5	31.4	28.8	27.6
45		36.7	35.2	33.8	30.9	28.2	26.7
40		36.1	34.2	32.8	29.9	27.3	25.9
35	<b>Poor</b>	35.2	33.8	32.3	29.4	26.6	25.3
30		34.1	32.4	31.1	28.7	25.9	24.7
25		33.0	32.0	30.2	28.0	25.1	24.2
20		32.3	30.9	29.4	26.8	24.6	23.5
15	<b>Very Poor</b>	30.9	29.4	28.2	25.8	23.9	22.2
10		29.5	28.0	26.6	24.6	23.0	21.5
5		27.6	25.9	25.1	23.0	21.8	19.6
1		23.7	22.9	22.2	20.1	19.5	16.8

**Source:**

ACSM's Guidelines for Exercise Testing and Prescription (ninth edition), American College of Sports Medicine 2013  
 TABLE 4.9 Fitness Categories for Maximal Aerobic Power for Men and Women by Age, (p. 88–93)