



ACSM Standards for VO₂ Max for Men

	Age				
Standard	20-29	30-39	40-49	50-59	≥ 60
Excellent	≥ 52	≥ 49	≥ 47	≥ 43	≥ 41
Good	49-51	46-48	44-46	40-42	38-40
Average	42-48	39-45	37-43	33-39	31-37
Fair	39-41	36-38	34-36	30-32	28-30
Poor	≤ 38	≤ 35	≤ 33	≤ 29	≤ 27

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CH Cherryholmes

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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