

| PER CENT.           |             | 1    | 10   | 20   | 30   | 40   | 50   | 60   | 70   | 80   | 90   | 100  |
|---------------------|-------------|------|------|------|------|------|------|------|------|------|------|------|
| Height,             | 72          | 62.0 | 64.8 | 66.2 | 66.9 | 67.6 | 68.2 | 68.8 | 69.3 | 70.0 | 71.0 | 72.7 |
| Weight,             | 148         | 95   | 116  | 123  | 130  | 136  | 142  | 144  | 150  | 157  | 168  | 198  |
|                     | 135         | 12.0 | 13.0 | 13.3 | 13.5 | 13.7 | 13.9 | 14.1 | 14.3 | 14.5 | 15.2 | 16.2 |
| Contracted,         | 36.5        | 28.0 | 30.1 | 31.1 | 31.8 | 32.5 | 33.0 | 33.4 | 34.0 | 34.6 | 36.0 | 39.0 |
|                     | 38.5        | 30.0 | 33.2 | 34.3 | 35.0 | 35.7 | 36.3 | 36.8 | 37.3 | 38.0 | 40.0 | 42.6 |
| Waist,              | 30.5        | 25.5 | 27.0 | 27.9 | 28.5 | 29.0 | 29.4 | 29.9 | 30.5 | 31.3 | 33.5 | 36.0 |
| R. arm down,        | 10.5        | 7.8  | 8.9  | 9.4  | 9.7  | 9.9  | 10.1 | 10.3 | 10.6 | 11.0 | 12.1 | 13.0 |
| R. arm up,          | 11.2        | 9.0  | 10.3 | 10.6 | 11.0 | 11.3 | 11.5 | 11.7 | 12.0 | 12.4 | 13.1 | 14.0 |
| R. forearm,         | 9.6         | 8.3  | 9.1  | 9.6  | 9.9  | 10.1 | 10.3 | 10.4 | 10.6 | 10.8 | 11.2 | 11.4 |
| L. arm down,        | 10          | 7.8  | 8.9  | 9.4  | 9.7  | 9.9  | 10.1 | 10.3 | 10.6 | 11.0 | 12.1 | 13.0 |
| L. arm up,          | 10.7        | 9.0  | 10.3 | 10.6 | 11.0 | 11.3 | 11.5 | 11.7 | 12.0 | 12.4 | 13.1 | 14.0 |
| L. forearm,         | 9.5         | 8.3  | 9.1  | 9.6  | 9.9  | 10.1 | 10.3 | 10.4 | 10.6 | 10.8 | 11.2 | 11.4 |
| R. thigh,           | 20.5        | 17.0 | 18.3 | 19.0 | 19.6 | 20.0 | 20.2 | 20.4 | 20.8 | 21.4 | 22.8 | 24.0 |
| R. calf,            | 13          | 11.7 | 12.5 | 12.9 | 13.2 | 13.4 | 13.6 | 13.8 | 14.0 | 14.4 | 15.3 | 16.1 |
| L. thigh,           | 20.3        | 17.0 | 18.3 | 19.0 | 19.6 | 20.0 | 20.2 | 20.4 | 20.8 | 21.4 | 22.8 | 24.0 |
| L. calf,            | 13.4        | 11.7 | 12.5 | 12.9 | 13.2 | 13.4 | 13.6 | 13.8 | 14.0 | 14.4 | 15.3 | 16.1 |
| Chest expansion,    |             | 1.3  | 1.8  | 2.2  | 2.5  | 2.7  | 2.9  | 3.2  | 3.4  | 3.8  | 4.3  | 4.7  |
| Lung capacity,      |             | 129  | 183  | 200  | 213  | 225  | 237  | 248  | 266  | 282  | 306  | 368  |
| Heart acceleration, |             | 100  | 82   | 75   | 56   | 45   | 36   | 29   | 25   | 19   | 11   | 6    |
| REACTION.           | Sight,      | 400  | 368  | 291  | 262  | 238  | 225  | 215  | 195  | 170  | 142  | 110  |
|                     | Hearing,    | 350  | 296  | 255  | 227  | 211  | 200  | 190  | 176  | 153  | 130  | 100  |
|                     | Touch,      | 360  | 305  | 266  | 238  | 222  | 207  | 196  | 183  | 162  | 140  | 102  |
| STRENGTH.           | R. forearm, | 27   | 79   | 90   | 96   | 103  | 110  | 118  | 126  | 136  | 150  | 203  |
|                     | L. forearm, | 27   | 79   | 90   | 96   | 103  | 110  | 118  | 126  | 136  | 150  | 203  |
|                     | Back,       | 82   | 158  | 198  | 231  | 260  | 292  | 326  | 363  | 409  | 474  | 697  |
|                     | Legs,       | 140  | 200  | 255  | 320  | 390  | 450  | 515  | 600  | 720  | 850  | 1000 |
| Dip,                |             | 1    | 4    | 7    | 10   | 12   | 13   | 14   | 16   | 19   | 22   | 30   |
| Pull-up,            |             | 1    | 5    | 9    | 12   | 14   | 16   | 18   | 20   | 23   | 27   | 32   |
| 100 yards,          |             | 13.3 | 13.0 | 12.3 | 12.2 | 12.1 | 12.0 | 11.4 | 11.3 | 11.2 | 11.0 | 10.3 |
| Mile,               |             | 7.00 | 6.40 | 6.25 | 6.10 | 6.05 | 6.00 | 5.55 | 5.50 | 5.40 | 5.25 | 5.10 |
| High jump,          |             | 3.4  | 3.9  | 4.0  | 4.2  | 4.3  | 4.4  | 4.5  | 4.6  | 4.8  | 5.0  | 5.4  |
| Pole vault,         |             | 5.0  | 5.9  | 6.4  | 6.10 | 7.2  | 7.5  | 7.8  | 8.0  | 8.6  | 9.0  | 9.8  |
| Shot,               |             | 11   | 14   | 18   | 21   | 23   | 24   | 25   | 27   | 30   | 33   | 37   |