

| | | U14 | U14 | U14 | U14 | U16 | U16 | U16 | U16 | U18+ | U18+ | U18+ | U18+ |
|---------------|--------|--|---|-------------------------------------|-----------|--|---|-------------------------------------|-----------|--|---|-------------------------------------|-----------|
| Test | Gender | Need Improvement | Below Average Minimum Open Nationals | Above average Minimum HP Program | Excellent | Need Improvement | Below Average Minimum Open Nationals | Above average Minimum HP Program | Excellent | Need Improvement | Below Average Minimum Open Nationals | Above average Minimum HP Program | Excellent |
| Beep Test (m) | Male | ≤ 4-4 | 4-5 - 6-9 | 6-10 - 9-6 | ≥ 9-7 | ≤ 6-1 | 6-2 - 8-3 | 8-4 - 10-5 | ≥ 10-6 | ≤ 8-2 | 8-3 - 9-10 | 9-11 - 12-2 | ≥ 12-3 |
| | | Amir Temirbaev - 11-5 - (Summer 2021) | | | | Ryan Antosh - 13-2 - (Spring 2021) | | | | Ryan Antosh - 14-1 - (Summer 2023) | | | |
| Beep Test (m) | Female | ≤ 4-5 | 4-6 - 6-3 | 6-4 - 8-1 | ≥ 8-2 | ≤ 4-6 | 4-7 - 6-10 | 7-1 - 8-11 | ≥ 9-1 | ≤ 5-8 | 5-9 - 8-2 | 8-3 - 10-1 | ≥ 10-2 |
| | | Grace Xu - 10-9 - (Summer 2023) | | | | Clare Boulding - 11-4 - (Summer 2021) | | | | Mira Calder - 12-6 - (Summer 2021) | | | |
| Vertical Jump | Male | ≤ 30 | 31 - 38 | 39 - 46 | ≥ 47 | ≤ 40 | 41 - 49 | 50 - 60 | ≥ 61 | ≤ 49 | 50 - 58 | 59 - 68 | ≥ 69 |
| | | Amir Temirbaev - 60 - (Summer 2021) | | | | Lowan Le Bris - 78 - (Summer 2021) | | | | Romario Mejia Kasap - 89 - (Summer 2024) | | | |
| Vertical Jump | Female | ≤ 36 | 37 - 39 | 40 - 44 | ≥ 45 | ≤ 36 | 37 - 42 | 43 - 51 | ≥ 52 | ≤ 38 | 39 - 43 | 44 - 49 | ≥ 50 |
| | | Megan Au - 51 - (Summer 2021) | | | | Leanna Au - 71 - (Summer 2021) | | | | Alandra Steiger - 57 - (Spring 2021) | | | |
| Chin-up | Male | ≤ 1 | 2 - 3 | 4 - 10 | ≥ 11 | ≤ 2 | 3 - 8 | 9 - 16 | ≥ 17 | ≤ 7 | 8 - 14 | 15 - 21 | ≥ 22 |
| | | Amir Temirbaev - 20 - (Summer 2021) | | | | Yegor Shevchenko - 31 - (Summer 2023) | | | | Josh Wiebe - 33 - (Summer 2023) | | | |
| Chin-up | Female | ≤ 0 | 1 - 2 | 3 - 6 | ≥ 7 | ≤ 1 | 2 - 4 | 5 - 10 | ≥ 11 | ≤ 1 | 2 - 5 | 6 - 10 | ≥ 11 |
| | | Jordynn Dafoe - 12 - (Summer 2022) | | | | Sophia Shevchenko - 17 - (Summer 2021) | | | | Sophia Shevchenko - 20 - (Summer 2022) | | | |
| Push-up | Male | ≤ 13 | 14 - 23 | 24 - 35 | ≥ 36 | ≤ 14 | 15 - 24 | 25 - 34 | ≥ 35 | ≤ 22 | 23 - 31 | 32 - 46 | ≥ 47 |
| | | Amir Temirbaev - 50 - (Summer 2021) | | | | Lowan Le Bris - 80 - (Summer 2021) | | | | Lochlan Young - 86 - (Spring 2021) | | | |
| Push-up | Female | ≤ 14 | 15 - 20 | 21 - 31 | ≥ 32 | ≤ 16 | 17 - 24 | 25 - 33 | ≥ 34 | ≤ 17 | 18 - 26 | 27 - 35 | ≥ 36 |
| | | Leanna Au - 40 - (Spring 2021) | | | | Leanna Au - 49 - (Summer 2022) | | | | Mira Calder - 56 - (Summer 2021) | | | |
| Judogi Hang | Male | ≤ 00:11 | 00:12 - 00:27 | 00:28 - 01:10 | ≥ 01:11 | ≤ 00:20 | 00:21 - 00:44 | 00:45 - 01:10 | ≥ 01:11 | ≤ 00:37 | 00:38 - 01:00 | 01:01 - 01:15 | ≥ 01:16 |
| | | Amir Temirbaev - 01:34 - (Summer 2021) | | | | Nathan Thiel - 01:55 - (Summer 2022) | | | | William Ikari - 01:52 - (Summer 2023) | | | |
| Judogi Hang | Female | ≤ 00:11 | 00:12 - 00:30 | 00:31 - 00:41 | ≥ 00:42 | ≤ 00:20 | 00:21 - 00:37 | 00:38 - 00:58 | ≥ 00:59 | ≤ 00:26 | 00:27 - 00:45 | 00:46 - 01:03 | ≥ 01:04 |
| | | Leanna Au - 01:00 - (Spring 2021) | | | | Carla Van Zyl - 01:25 - (Summer 2021) | | | | Carla Van Zyl - 01:21 - (Summer 2023) | | | |
| Plank | Male | ≤ 01:05 | 01:06 - 02:38 | 02:39 - 05:52 | ≥ 05:53 | ≤ 01:39 | 01:40 - 03:09 | 03:10 - 06:00 | ≥ 06:01 | ≤ 02:03 | 02:04 - 03:16 | 03:17 - 05:22 | ≥ 05:23 |
| | | Akhmed Loliev - 15:03 - (Summer 2021) | | | | Akhmed Loliev - 15:00 - (Summer 2022) | | | | Nathan Thiel - 10:59 - (Summer 2024) | | | |
| Plank | Female | ≤ 01:15 | 01:16 - 02:00 | 02:01 - 03:12 | ≥ 03:13 | ≤ 01:25 | 01:26 - 02:21 | 02:22 - 04:01 | ≥ 04:02 | ≤ 01:51 | 01:52 - 03:05 | 03:06 - 04:26 | ≥ 04:27 |
| | | Wish Keirstead - 06:00 - (Summer 2021) | | | | Leanna Au - 08:19 - (Summer 2022) | | | | Madeleine Schimann - 07:15 - (Summer 2024) | | | |
| Wall Sit | Male | ≤ 01:21 | 01:22 - 05:05 | 05:06 - 14:59 | ≥ 15:00 | ≤ 02:05 | 02:06 - 05:01 | 05:02 - 14:16 | ≥ 14:17 | ≤ 02:13 | 02:14 - 05:06 | 05:07 - 11:00 | ≥ 11:01 |
| | | N/A | | | | N/A | | | | N/A | | | |
| Wall Sit | Female | ≤ 02:07 | 02:08 - 05:10 | 05:11 - 14:31 | ≥ 14:32 | ≤ 02:43 | 02:44 - 05:24 | 05:25 - 11:01 | ≥ 11:02 | ≤ 03:04 | 03:05 - 06:33 | 06:34 - 14:59 | ≥ 15:00 |
| | | N/A | | | | N/A | | | | N/A | | | |