

NORMY DLA DOROSŁYCH (powyżej 20 roku życia)



WARTOŚCI REFERENCYJNE (wartość średnia) - 50% pozycja w rankingu

| ĆWICZENIE | JEDNOSTKA | 20 lat | 25 lat | 30 lat | 35 lat | 40 lat | 45 lat | 50 lat | 55 lat | 60 lat |
|-------------|-----------|--------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------|
| BRAIN-BOY W | ms | 24 | 30 | 36 | 42 | 48 | 54 | 60 | 66 | 72 |
| BRAIN-BOY S | ms | 46 | 53 | 59 | 66 | 72 | 79 | 85 | 92 | 98 |
| KLIK BOY | µs | 20 | 26 | 32 | 37 | 43 | 49 | 55 | 61 | 66 |
| SOUND BOY | % | 7 | 8 | 10 | 11 | 13 | 14 | 15 | 17 | 18 |
| SYNCH BOY | ms | 170 | 178 | 185 | 193 | 200 | 208 | 215 | 223 | 230 |
| SPEED BOY | ms | 609 | 640 | 670 | 701 | 731 | 762 | 792 | 823 | 853 |
| TRIO-BOY | ms | 20 | 39 | 58 | 77 | 96 | 115 | 134 | 153 | 172 |
| LONG-BOY | ms | 40 | 48 | 56 | 64 | 72 | 80 | 88 | 96 | 104 |
| | | | 65 lat | 70 lat | 75 lat | 80 lat | 85 lat | 90 lat | 95 lat | 100 lat |
| | | | 78 | 84 | 90 | 96 | 102 | 108 | 114 | 120 |
| | | | 105 | 111 | 118 | 124 | 131 | 137 | 144 | 150 |
| | | | 72 | 78 | 84 | 90 | 95 | 101 | 107 | 113 |
| | | | 20 | 21 | 22 | 24 | 25 | 27 | 28 | 29 |
| | | | 238 | 245 | 253 | 260 | 268 | 275 | 283 | 290 |
| | | | 884 | 914 | 945 | 975 | 1006 | 1036 | 1067 | 1097 |
| | | | 191 | 210 | 229 | 248 | 267 | 286 | 205 | 324 |
| | | | 112 | 120 | 128 | 136 | 144 | 152 | 160 | 168 |

WARTOŚCI DOCELOWE (zalecane wartości treningowe) - 80% pozycja w rankingu

| ĆWICZENIE | JEDNOSTKA | 20 lat | 25 lat | 30 lat | 35 lat | 40 lat | 45 lat | 50 lat | 55 lat | 60 lat |
|-------------|-----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| BRAIN-BOY W | ms | 12 | 15 | 18 | 21 | 24 | 27 | 30 | 33 | 36 |
| BRAIN-BOY S | ms | 23 | 27 | 30 | 33 | 36 | 40 | 43 | 46 | 49 |
| KLIK BOY | µs | 10 | 13 | 16 | 19 | 22 | 25 | 28 | 31 | 33 |
| SOUND BOY | % | 4 | 4 | 5 | 6 | 7 | 7 | 8 | 9 | 9 |
| SYNCH BOY | ms | 110 | 116 | 120 | 125 | 130 | 135 | 140 | 145 | 150 |
| SPEED BOY | ms | 305 | 320 | 335 | 351 | 366 | 381 | 396 | 412 | 427 |
| TRIO-BOY | ms | 10 | 20 | 29 | 39 | 48 | 58 | 67 | 77 | 86 |
| LONG-BOY | ms | 20 | 24 | 28 | 32 | 36 | 40 | 44 | 48 | 52 |

| | 65 lat | 70 lat | 75 lat | 80 lat | 85 lat | 90 lat | 95 lat | 100 lat | wartość - idealna |
|--|--------|--------|--------|--------|--------|--------|--------|---------|-------------------|
| | 39 | 42 | 45 | 48 | 51 | 54 | 57 | 60 | 12 |
| | 53 | 56 | 59 | 62 | 66 | 69 | 72 | 75 | 23 |
| | 36 | 39 | 42 | 45 | 48 | 51 | 54 | 57 | 10 |
| | 10 | 11 | 11 | 12 | 13 | 13 | 14 | 15 | 4 |
| | 155 | 159 | 164 | 169 | 175 | 179 | 184 | 188 | 110 |
| | 442 | 457 | 473 | 488 | 503 | 518 | 534 | 549 | 305 |
| | 96 | 105 | 115 | 124 | 134 | 143 | 153 | 162 | 10 |
| | 56 | 60 | 64 | 68 | 72 | 76 | 80 | 84 | 20 |