

| | | Male Plank Standards | | | | | | | | | | | |
|---------------------|---------------|-----------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|-----------------------------|
| | | | Males: Age 17 - 19 years | Males: Age 20 - 24 years | Males: Age 25 - 29 years | Males: Age 30 - 34 years | Males: Age 35 - 39 years | Males: Age 40 - 44 years | Males: Age 45 - 49 years | Males: Age 50 - 54 years | Males: Age 55 - 59 years | Males: Age 60 - 64 years | Males: Age 65 + years |
| Outstanding | High | 100 | 3:24 | 3:20 | 3:16 | 3:12 | 3:08 | 3:04 | 3:01 | 2:57 | 2:54 | 2:50 | 2:47 |
| Outstanding | Medium | 95 | 3:19 | 3:15 | 3:11 | 3:07 | 3:04 | 3:00 | 2:56 | 2:53 | 2:49 | 2:46 | 2:43 |
| Outstanding | Low | 90 | 3:14 | 3:10 | 3:06 | 3:02 | 2:59 | 2:55 | 2:52 | 2:48 | 2:45 | 2:42 | 2:38 |
| Excellent | High | 85 | 3:04 | 3:00 | 2:56 | 2:53 | 2:49 | 2:46 | 2:43 | 2:39 | 2:36 | 2:33 | 2:30 |
| Excellent | Medium | 80 | 2:53 | 2:50 | 2:47 | 2:43 | 2:40 | 2:37 | 2:34 | 2:31 | 2:28 | 2:25 | 2:22 |
| Excellent | Low | 75 | 2:43 | 2:40 | 2:37 | 2:34 | 2:31 | 2:28 | 2:25 | 2:22 | 2:19 | 2:16 | 2:13 |
| Good | High | 70 | 2:23 | 2:20 | 2:17 | 2:14 | 2:12 | 2:09 | 2:07 | 2:04 | 2:02 | 1:59 | 1:57 |
| Good | Medium | 65 | 2:02 | 2:00 | 1:58 | 1:55 | 1:53 | 1:51 | 1:48 | 1:46 | 1:44 | 1:42 | 1:40 |
| Good | Low | 60 | 1:42 | 1:40 | 1:38 | 1:36 | 1:34 | 1:32 | 1:30 | 1:29 | 1:27 | 1:25 | 1:23 |
| Satisfactory | High | 55 | 1:32 | 1:30 | 1:28 | 1:26 | 1:25 | 1:23 | 1:21 | 1:20 | 1:18 | 1:17 | 1:15 |
| Satisfactory | Medium | 50 | 1:22 | 1:20 | 1:18 | 1:17 | 1:15 | 1:14 | 1:12 | 1:11 | 1:09 | 1:08 | 1:07 |
| Probationary | | 45 | 1:11 | 1:10 | 1:09 | 1:07 | 1:06 | 1:05 | 1:03 | 1:02 | 1:01 | 1:00 | 0:58 |