

Police Officer Standards and Training Council

FITNESS TEST STANDARDS PHYSICAL PERFORMANCE 50%

Male Candidate

AGE	1 MINUTE OF SIT-UPS	SIT/REACH (Straight-leg)	BENCH PRESS RATIO (1 lift)	1.5 MILE RUN 50%
20 - 29	40	17-1/2 in.	1.06 X Body Weight	11:49
30 - 39	36	16-1/2 in.	.93 X Body Weight	12:20
40 - 49	31	15-1/4 in.	.84 X Body Weight	13:04
50 - 59	26	14-1/2 in.	.75 X Body Weight	13:46
60 - 69	20	13-1/2 in.	.68 X Body Weight	15:41

Female Candidate

AGE	1 MINUTE OF SIT-UPS	SIT/REACH (Straight-leg)	BENCH PRESS RATIO (1 lift)	1.5 MILE RUN 50%
20 - 29	35	20 in.	.65 X Body Weight	14:08
30 - 39	27	19 in.	.57 X Body Weight	14:54
40 - 49	22	18 in.	.52 X Body Weight	15:36
50 - 59	17	17-3/4 in.	.46 X Body Weight	16:43
60 - 69	8	16-3/8 in.	.45 X Body Weight	18:00