

## **Physical Fitness Standards for Police Officer Candidates**

- Sit-up** Muscular endurance (core body) – The score indicated below is the number of bent leg sit-ups performed in one minute.
- Push-up** Muscular endurance (upper body) – The score indicated below is the number of full body repetitions that a candidate must complete without breaks.
- 1.5 Mile Run** Cardiovascular capacity - The score indicated below is calculated in minutes: seconds.

### **Age/Sex**

### **Test Requirements**

#### **Male**

#### **Sit-up**

#### **Push-up**

#### **1.5 Mile Run**

20-29

38

29

12:38

30-39

35

24

12:58

#### **Female**

#### **Sit-up**

#### **Push-up**

#### **1.5 Mile Run**

20-29

32

15

14:50

30-39

25

11

15:43