

# PHYSICAL FITNESS STANDARDS

---

	<u>Males under 29</u>	<u>Females under 29</u>
Sit-ups (1 minute)	38	32
Push-ups (1 minute)	29	15
1.5 mile run	12:38	14:50

	<u>Males 30 -39</u>	<u>Females 30 – 39</u>
Sit-ups (1 minute)	35	25
Push-ups (1 minute)	24	11
1.5 mile run	13:04	15:38