

# PHYSICAL FITNESS STANDARDS

	<b>Males under 29</b>	<b>Females under 29</b>
Sit-ups (1 minute)	35	28
Push-ups (1 minute)	24	11
1.5 Mile Run	13:25	16:43

	<b>Males 30-39</b>	<b>Females 30-39</b>
Sit-ups (1 minute)	31	21
Push-ups (1 minute)	19	9
1.5 Mile Run	14:10	17:38

Note: Police PT 25<sup>th</sup> Percentile, 4/4/2024