

PHYSICAL FITNESS STANDARDS

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

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

	Males 40-45	Females 40-45
Sit-ups (1 minute)	26	16
Push-ups (1 minute)	13	7
1.5 Mile Run	15:00	18:39

Note: Police PT 25th Percentile, Updated 3/5/2025