

Fitness Assessment Scores Required To Pass

Males:

AGE	RUN MAXIMUM TIME	BENCH PRESS % BODY WEIGHT	SIT-UPS	PUSH-UPS
18-29	12:53	.96	37	27
30-39	13:24	.86	33	21
40-49	14:10	.78	28	16
50-59	15:26	.70	22	11

Females:

AGE	RUN MAXIMUM TIME	BENCH PRESS % BODY WEIGHT	SIT-UPS	PUSH-UPS	
				Modify	Full Body
18-29	15:14	.58	31	22	14
30-39	15:58	.52	24	17	10
40-49	16:46	.48	19	11	8
50-59	18:37	.43	12	10	---