## Fitness Test Requirements

<table>
<thead>
<tr>
<th>AGE</th>
<th>[Male Standards]</th>
<th>[Female Standards]</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>20-29</td>
<td>30-39</td>
</tr>
<tr>
<td>1 Minute Sit-up</td>
<td></td>
<td></td>
</tr>
<tr>
<td>50TH</td>
<td>40</td>
<td>36</td>
</tr>
<tr>
<td>30TH</td>
<td>35</td>
<td>32</td>
</tr>
<tr>
<td>300 Meter Run</td>
<td></td>
<td></td>
</tr>
<tr>
<td>50TH</td>
<td>56.0</td>
<td>57.0</td>
</tr>
<tr>
<td>30TH</td>
<td>62.1</td>
<td>63.0</td>
</tr>
<tr>
<td>1 Minute Push-up</td>
<td></td>
<td></td>
</tr>
<tr>
<td>50TH</td>
<td>33</td>
<td>27</td>
</tr>
<tr>
<td>30TH</td>
<td>26</td>
<td>20</td>
</tr>
<tr>
<td>1.5 Mile Run</td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>1 RM Bench Press Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>30TH</td>
</tr>
</tbody>
</table>

### Testing Order:

1. Minute Sit-up
2. 300 Meter Run
3. 1 Minute Push-up
4. Sit Ups
5. 1.5 Mile Run

### Pre-Academy testing order:

1. 300 Meter Run
2. Bench Press
3. Sit Ups
4. 1.5 Mile Run

This is a cumulative test. Each event is pass/fail; thus, if one event is failed, the entire test is failed. There is no “averaging” of scores.