

PRE-EMPLOYMENT PHYSICAL FITNESS TEST REQUIREMENTS

MALE Push-Ups	
Age	Required
20-29	27
30-39	21
40-49	16
50-59	11
60+	9

FEMALE Push-Ups	
Age	Required
20-29	22 / 14
30-39	17 / 10
40-49	11 / 8
50-59	10
60+	4

MALE Sit-Ups Timed 1 Minute	
Age	Required
20-29	37
30-39	33
40-49	28
50-59	22
60+	18

FEMALE Sit-Ups Timed 1 Minute	
Age	Required
20-29	31
30-39	24
40-49	19
50-59	12
60+	5

MALE 1 ½ Mile Run	
Age	Time Required
20-29	12:53
30-39	13:24
40-49	14:07
50-59	15:20
60+	17:11

FEMALE 1 ½ Mile Run	
Age	Time Required
20-29	15:14
30-39	15:58
40-49	16:46
50-59	18:37
60+	20:46