

NEW HAMPSHIRE POLICE STANDARDS AND TRAINING
 FITNESS TESTING 35TH PERCENTILE

MALES			
AGE	SIT UPS 60 SECONDS	PUSH UPS MAX EFFORT	RUN 1.5 MILE
18-29	37	27	12:53
30-39	33	21	13:24
40-49	28	16	14:11
50-59	22	11	15:26
60-69	18	9	17:11

FEMALES			
AGE	SIT UPS 60 SECONDS	PUSH UPS MAX EFFORT MODIFIED - FULL BODY	RUN 1.5 MILE
18-29	37	22 14	15:14
30-39	33	17 10	15:58
40-49	28	11 8	16:46
50-59	22	10 0	18:37
60-69	18	4 0	20:52