

## Physical fitness performance requirements chart

### Recommended Level of Fitness (50th percentile)

	50th percentile Recommended Level-Male						
AGE	20-29	30-34	35-39	40-44	45-49	50-54	55-59
TEST							
1 Minute Sit-Up	40	36	33	31	28	26	23
1 Minute Push-Up	33	27	24	21	18	15	15
12 Min. Walk/Run	1.50	1.45	1.41	1.37	1.33	1.29	1.24

	50th percentile Recommended Level-Female						
AGE	20-29	30-34	35-39	40-44	45-49	50-54	55-59
TEST							
1 Minute Sit-Up	35	27	24	22	19	17	12
1 Minute Push-Up	26	21	18	15	14	13	10
12 Min. Walk/Run	1.29	1.25	1.21	1.17	1.13	1.10	1.06

**This will be the first test conducted prior to being considered for employment.**