Stephens County S.O. Physical Fitness Assessment

Upper Body Strength (Push-Ups)			
Time Limit of 1 minute			
21-29	30-39	40-44	45&Up
26	20	15	12
20	15	10	8
(Females Can Do Modified Push-Ups If They So Choose)			
Abdominal Strength (Sit-Ups)			
Time Limit of 1 minute			
21-29	30-39	40-44	45 & Up
35	32	27	20
30	22	17	13
Cardio Respiratory Endurance			
(1.5 Mile Run)			
21-29	30-39	40-44	45 & Up
13:06	13:45		15:01
le 15:25	15:56	16:53	17:35
	Time 21-29 26 20 Do Modified Put domina Time 21-29 35 30 rdio Res (1. 21-29 13:06	er Body Streng Time Limit of 21-29 30-39 26 20 20 15 Do Modified Push-Ups If The dominal Stren Time Limit of 21-29 30-39 35 32 30 22 rdio Respirator (1.5 Mile 21-29 30-39 13:06 13:45	Time Limit of 1 minute 21-29 30-39 40-44 26 20 15 20 15 10 Do Modified Push-Ups If They So Choose) dominal Strength (Sit- Time Limit of 1 minute 21-29 30-39 40-44 35 32 27 30 22 17 rdio Respiratory Endu (1.5 Mile Run) 21-29 30-39 40-44 13:06 13:45 14:24

https://www.dps.texas.gov/trainingacademy/recruiting/fitnessRequirements.htm
The alternative to running 1.5 miles is rowing 2000M on a Concept 2 Rower.
Your time limited is based upon your gender, weight, and age. All three exercises must be done back-to-back-to-back, so train accordingly!!!

Sheriff Will Holt #501 February 14, 2017