

Stephens County S.O.

Physical Fitness Assessment

Upper Body Strength (Push-Ups)

Time Limit of 1 minute

<u>Age</u>	<u>21-29</u>	<u>30-39</u>	<u>40-44</u>	<u>45&Up</u>
Male	26	20	15	12
Female	20	15	10	8

(Females Can Do Modified Push-Ups If They So Choose)

Abdominal Strength (Sit-Ups)

Time Limit of 1 minute

<u>Age</u>	<u>21-29</u>	<u>30-39</u>	<u>40-44</u>	<u>45 & Up</u>
Male	35	32	27	20
Female	30	22	17	13

Cardio Respiratory Endurance

(1.5 Mile Run)

<u>Age</u>	<u>21-29</u>	<u>30-39</u>	<u>40-44</u>	<u>45 & Up</u>
Male	13:06	13:45	14:24	15:01
Female	15:25	15:56	16:53	17:35

<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!!!