

Reynoldsburg Police Department

Police Officer – Entry Physical Fitness Standards

(35th Percentile)

Age and Gender Minimum Scores		
	Males (<29)	Females (<29)
Sit-ups (1 min)	37	31
Push-ups (1 min)	27	14
1.5 Mile Run	13:06	15:48
	Males (30–39)	Females (30–39)
Sit-ups (1 min)	33	24
Push-ups (1 min)	21	10
1.5 Mile Run	13:53	16:23
	Males (40–49)	Females (40–49)
Sit-ups (1 min)	28	19
Push-ups (1 min)	16	8
1.5 Mile Run	14:47	16:59
	Males (50–59)	Females (50–59)
Sit-ups (1 min)	22	12
Push-ups (1 min)	11	N/A
1.5 Mile Run	15:53	18:09
	Males (60+)	Females (60+)
Sit-ups (1 min)	18	5
Push-ups (1 min)	9	N/A
1.5 Mile Run	16:58	18:54

*Based on The Cooper Institute for Aerobic Research, national norms.

