

SEABROOK POLICE DEPARTMENT

7 Liberty Lane

Seabrook, New Hampshire 03874

PHYSICAL AGILITY TEST STANDARDS

Cooper Aerobics Institute Standards-35th Percentile

MALE

AGE	BENCH PRESS	SIT-UPS	PUSH-UPS	1.5 MILE RUN
18-29	.96 x weight	37	27	12:53
30-39	.86 x weight	33	21	13:24
40-49	.78 x weight	28	16	14:07
50-59	.70 x weight	22	11	15:20
60+	.65 x weight	18	9	17:11

- Bench press is percentage of candidate's weight. (one repetition)
- Sit-ups must be completed within one minute.
- Push-ups are not timed. Candidate may rest in the "up" position.
- Run time is listed as "minutes: seconds."

FEMALE

AGE	BENCH PRESS	SIT-UPS	PUSH-UPS	1.5 MILE RUN
18-29	.58 x weight	31	22-mod; 14-full	15:14
30-39	.52 x weight	24	17-mod; 10-full	15:58
40-49	.48 x weight	19	11-mod; 8-full	16:46
50-59	.43 x weight	12	10-mod; ---	18:37
60+	.41 x weight	5	4-mod; ---	20:46

- Female candidates may choose between modified or full body push-ups. A modified push-up is completed on your knees with your legs crossed at the ankles. The female candidate's back and buttocks must be kept straight.

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