

Candidates are required to pass at least two (2) of the three (3) exercises in the Basic category or higher. One (1) of the exercises may fall in the start category.

Example;

Candidate #1 is a male and is 25 years old. He completed 50 sit-ups, 30 pushups, and ran the 1.5 mile in 14:30. Candidate #1 passes the test.

Candidate #2 is a male the same age and completes 32 pushups, 20 sit-ups and runs the 1.5 mile in 14:32. Candidate #2 fails the test.

MALES (<29)			
EXERCISE	START	BASIC	END
Situps (1 min.)	32	38 (-2)	40
Pushups (1 min.)	19	30 (-3)	33
1.5-mile run	14:34	12:37 (+39)	11:58

FEMALES (<29)			
EXERCISE	START	BASIC	END
Situps (1 min.)	23	32 (-3)	35
Pushups (1 min.)	9	16 (-2)	18
1.5-mile run	17:49	15:02 (+55)	14:07

MALES (30-39)			
EXERCISE	START	BASIC	END
Situps (1 min.)	28	34 (-2)	36
Pushups (1 min.)	15	24 (-3)	27
1.5-mile run	15:13	13:07 (+42)	12:25

FEMALES (30-39)			
EXERCISE	START	BASIC	END
Situps (1 min.)	18	25 (-2)	27
Pushups (1 min.)	7	13 (-1)	14
1.5-mile run	18:37	15:34 (+60)	14:34

MALES (40-49)			
EXERCISE	START	BASIC	END
Situps (1 min.)	22	29 (-2)	31
Pushups (1 min.)	10	19 (-2)	21
1.5-mile run	15:58	13:52 (+41)	13:11

FEMALES (40-49)			
EXERCISE	START	BASIC	END
Situps (1 min.)	13	20 (-2)	22
Pushups (1 min.)	5	10 (-1)	11
1.5-mile run	19:32	16:26 (+62)	15:24