



**Physical Fitness & Conditioning  
Basic Training Program  
*Preliminary Physical Fitness Standards*  
(20<sup>th</sup> Percentile\*)**

Age and Gender Minimum Scores

	Males (<29)	Females (<29)
Sit-ups (1 min.) Push-ups (1 min.) 1.5 Mile Run	33 _____ 22 _____ 13:58 _____	24 _____ 10 _____ 17:11 _____
Sit-ups (1 min.) Push-ups 1.5 Mile Run	30 _____ 17 _____ 14:33 _____	20 _____ 8 _____ 18:18 _____
Sit-ups (1 min.) Push-ups 1.5 Mile Run	24 _____ 11 _____ 15:32 _____	14 _____ 6 _____ 19:43 _____
Sit-ups (1 min.) Push-ups 1.5 Mile Run	19 _____ 9 _____ 17:30 _____	10 _____ 6*Modified _____ 21:57 _____
Sit-ups (1 min.) Push-ups 1.5 Mile Run	15 _____ 6 _____ 18:30 _____	3 _____ 5*Modified _____ 23:08 _____

\*Based on "The Cooper Institute Physical Fitness Specialist Course and Certification", 2002, pp 108-123