

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

**Age and Gender Minimum Scores**

<p align="center"><b>Sit-ups (1 min.)</b> <b>Push-ups (1 min.)</b> <b>1.5 Mile Run</b></p>	<p><b>Males (&lt; 29)</b></p> <p><b>33</b> _____ <b>22</b> _____ <b>13:58</b> _____</p>	<p><b>Females (&lt; 29)</b></p> <p><b>24</b> _____ <b>10</b> _____ <b>17:11</b> _____</p>
<p align="center"><b>Sit-ups (1 min.)</b> <b>Push-ups (1 min.)</b> <b>1.5 Mile Run</b></p>	<p><b>Males (30-39)</b></p> <p><b>30</b> _____ <b>17</b> _____ <b>14:33</b> _____</p>	<p><b>Females (30-39)</b></p> <p><b>20</b> _____ <b>8</b> _____ <b>18:18</b> _____</p>
<p align="center"><b>Sit-ups (1 min.)</b> <b>Push-ups (1 min.)</b> <b>1.5 Mile Run</b></p>	<p><b>Males (40-49)</b></p> <p><b>24</b> _____ <b>11</b> _____ <b>15:32</b> _____</p>	<p><b>Females (40-49)</b></p> <p><b>14</b> _____ <b>6</b> _____ <b>19:43</b> _____</p>
<p align="center"><b>Sit-ups (1 min.)</b> <b>Push-ups (1 min.)</b> <b>1.5 Mile Run</b></p>	<p><b>Males (50-59)</b></p> <p><b>19</b> _____ <b>9</b> _____ <b>17:30</b> _____</p>	<p><b>Females (50-59)</b></p> <p><b>10</b> _____ <b>6*Modified</b> _____ <b>21:57</b> _____</p>
<p align="center"><b>Sit-ups (1 min.)</b> <b>Push-ups (1 min.)</b> <b>1.5 Mile Run</b></p>	<p><b>Males (60+)</b></p> <p><b>15</b> _____ <b>6</b> _____ <b>18:30</b> _____</p>	<p><b>Females (60+)</b></p> <p><b>3</b> _____ <b>5*Modified</b> _____ <b>23:08</b> _____</p>

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