

PHYSICAL FITNESS GUIDELINES

Males

<u>Age</u>	<u>Sit ups (1 minute)</u>	<u>Push Ups</u>	<u>1.5 Mile Run</u>
19	39	27	13:06
20-29	37	27	13:06
30-39	33	21	13:53
40-49	28	16	14:47
50+	22	11	15:53

Females

<u>Age</u>	<u>Sit ups (1 minute)</u>	<u>Push Ups</u>	<u>1.5 Mile Run</u>
19	31	14	15:48
20-29	31	14	15:48
30-39	24	10	16:23
40-49	19	8	16:59
50+	12	6	18:09