APPENDIX A Physical Fitness Standards – December 2022 – For BLE classes beginning after January 1, 2023

1. SIT AND REACH TEST: This is a measure of the flexibility of the lower back and upper leg area. It is an important area for performing police tasks involving range of motion and is important in minimizing lower back problems. The test involves stretching out to touch the toes beyond the extended arms from the sitting position. The score is in the inches reached on a yard stick with 15" being at the toes.

	MALE	MALE	MALE	MALE	FEMALE	FEMALE	FEMALE	FEMALE
	AGE	AGE	AGE	AGE	AGE	AGE	AGE	AGE
TEST: Sit and	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Reach								
1-14-91	16.0	15.0	13.8	12.8	18.8	17.8	16.8	16.3
12-15-22	14.4	13.0	12.0	10.5	17.0	16.5	15.0	14.8

2. ONE MINUTE SIT UP TEST: This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems.

	MALE	MALE	MALE	MALE	FEMALE	FEMALE	FEMALE	FEMALE
	AGE	AGE	AGE	AGE	AGE	AGE	AGE	AGE
TEST: One	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Minute Sit Up								
Test								
1-14-91	37	34	28	23	31	24	18	13
12-15-22	33	30	24	19	24	20	14	10

3. ONE REPETITION MAXIMUM BENCH PRESS: This is a maximum weight pushed from the bench press position and measures the amount of force the upper body can generate.

	MALE	MALE	MALE	MALE	FEMALE	FEMALE	FEMALE	FEMALE
	AGE	AGE	AGE	AGE	AGE	AGE	AGE	AGE
TEST: Bench	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Press								
1-14-91	98%	87%	79%	70%	58%	52%	49%	43%
12-15-22	88%	78%	72%	63%	51%	47%	43%	39%

4. 1.5 MILE RUN: This is a timed run to measure the heart and vascular systems' capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is in minutes and seconds.

	MALE	MALE	MALE	MALE	FEMALE	FEMALE	FEMALE	FEMALE
	AGE	AGE	AGE	AGE	AGE	AGE	AGE	AGE
TEST: 1.5 Mile	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Run								
1-14-91	13:46	14:31	15:24	16:21	16:21	16;52	17:53	18:44
12-15-22	14:00	14:34	15:24	16:58	16:46	17:38	18:37	20:44