

CONWAY POLICE DEPARTMENT

PHYSICAL FITNESS AGILITY

TESTING REQUIREMENTS

Employees must perform at the 35th percentile for their age and sex, according to standards developed by Dr. Kenneth Cooper's Aerobics Institute, in the following areas:

- A. Bench press for maximum weight
- B. Timed sit-ups (1 Minute)
- C. Push-ups
- D. Timed 1.5 mile run

MALES

AGE	RUN	BENCH	SIT-UPS	PUSH-UPS
18 – 29	13:06	.96	37	27
30 – 39	13:53	.86	33	21
40 – 49	14:47	.78	28	16
50 – 59	15:53	.70	22	11

FEMALES

AGE	RUN	BENCH	SIT-UPS	PUSH-UPS
18 – 29	15:48	.58	31	22
30 – 39	16:23	.52	24	17
40 – 49	16:59	.48	19	11
50 – 59	18:09	.43	12	10