

NEW HAMPSHIRE POLICE STANDARDS AND TRAINING

FITNESS TESTING (35 PERCENTILE)

MALES

AGE	RUN	BENCH	SIT-UPS (in 60 seconds)	PUSH-UPS
18 - 29	12:53	.96	37	27
30 - 39	13:25	.86	33	21
40 - 49	14:10	.78	28	16
50 - 59	15:53	.70	22	11
60+	17:49	.65	18	9

FITNESS TESTING (35 PERCENTILE)

FEMALES

AGE	RUN	BENCH	SIT-UPS (in 60 seconds)	PUSH-UPS	
				Modify	full-body
18 - 29	15:32	.58	31	22	14
30 - 39	16:43	.52	24	17	10
40 - 49	17:38	.48	19	11	8
50 - 59	19:43	.43	12	10	----
60+	22:03	.41	5	4	----

NEW HAMPSHIRE POLICE STANDARDS AND TRAINING

MIDTERM TESTING

(45 PERCENTILE)

MALES

AGE	RUN	BENCH	SIT-UPS (in 60 seconds)	PUSH-UPS
18 - 29	12:11	1.03	39	31
30 - 39	12:44	.90	36	25
40 - 49	13:25	.82	30	19
50 - 59	14:35	.73	25	14
60+	16:46	.67	19	12

MIDTERM TESTING

(45 PERCENTILE)

FEMALES

AGE	RUN	BENCH	SIT-UPS (in 60 seconds)	PUSH-UPS	
				Modify	full-body
18 - 29	14:33	.63	34	25	17
30 - 39	15:35	.55	26	20	13
40 - 49	16:46	.51	21	14	10
50 - 59	18:39	.45	16	13	----
60+	20:38	.44	8	6	----

NEW HAMPSHIRE POLICE STANDARDS AND TRAINING

FINAL
(50 PERCENTILE)

MALES

AGE	RUN	BENCH	SIT-UPS (in 60 seconds)	PUSH-UPS
18 - 29	11:58	1.06	40	33
30 - 39	12:25	.93	36	27
40 - 49	13:05	.84	31	21
50 - 59	14:33	.75	26	15
60+	16:19	.68	20	15

FINAL
(50 PERCENTILE)

FEMALES

AGE	RUN	BENCH	SIT-UPS (in 60 seconds)	PUSH-UPS	
				Modify	full-body
18 - 29	14:15	.65	35	26	18
30 - 39	15:14	.57	27	21	14
40 - 49	16:13	.52	22	15	11
50 - 59	18:05	.46	17	13	-----
60+	20:08	.45	8	8	-----