

# NEW HAMPSHIRE POLICE STANDARDS AND TRAINING FITNESS TESTING

**(35 PERCENTILE)**

## **MALES:**

AGE	RUN	BENCH PRESS	SIT-UPS (in 60 seconds)	PUSH-UPS
18 – 29	12:53	.96 x weight	37	27
30 – 39	13:24	.86 x weight	33	21
40 – 49	14:07	.78 x weight	28	16
50 – 59	15:20	.70 x weight	22	11
60 – 69	17:11	.65 x weight	18	9
70 – 79	19:39	.65 x weight	18	9

## **FEMALES:**

AGE	RUN	BENCH PRESS	SIT-UPS (in 60 seconds)	PUSH-UPS	
				Modified	Full Body
18 – 29	15:14	.58 x weight	31	22	14
30 – 39	15:58	.52 x weight	24	17	10
40 – 49	16:46	.48 x weight	19	11	8
50 – 59	18:37	.43 x weight	12	10	---
60 – 69	20:46	.41 x weight	5	4	---
70 – 79	22:20	.41 x weight	5	4	---

# NEW HAMPSHIRE POLICE STANDARDS AND TRAINING FITNESS TESTING

(45 PERCENTILE)

## MALES:

AGE	RUN	BENCH PRESS	SIT-UPS (in 60 seconds)	PUSH-UPS
18 – 29	12:23	1.03 x weight	39	31
30 – 39	12:50	.90 x weight	36	25
40 – 49	13:24	.82 x weight	30	19
50 – 59	14:34	.73 x weight	25	14
60 – 69	16:21	.67 x weight	19	12
70 – 79	18:16	.67 x weight	19	12

## FEMALES:

AGE	RUN	BENCH PRESS	SIT-UPS (in 60 seconds)	PUSH-UPS	
				Modified	Full Body
18 – 29	14:34	.63 x weight	34	25	17
30 – 39	15:14	.55 x weight	26	20	13
40 – 49	15:57	.51 x weight	21	14	10
50 – 59	17:38	.45 x weight	16	13	---
60 – 69	19:25	.44 x weight	8	6	---
70 – 79	20:56	.44 x weight	8	6	---

# NEW HAMPSHIRE POLICE STANDARDS AND TRAINING FITNESS TESTING

**(50 PERCENTILE)**

## **MALES:**

AGE	RUN	BENCH PRESS	SIT-UPS (in 60 seconds)	PUSH-UPS
18 – 29	11:58	1.06 x weight	40	33
30 – 39	12:25	.93 x weight	36	27
40 – 49	13:11	.84 x weight	31	21
50 – 59	14:16	.75 x weight	26	15
60 – 69	15:56	.68 x weight	20	15
70 – 79	17:47	.68 x weight	20	15

## **FEMALES:**

AGE	RUN	BENCH PRESS	SIT-UPS (in 60 seconds)	PUSH-UPS	
				Modified	Full Body
18 – 29	14:07	.65 x weight	35	26	18
30 – 39	14:34	.57 x weight	27	21	14
40 – 49	15:24	.52 x weight	22	15	11
50 – 59	17:13	.46 x weight	17	13	---
60 – 69	18:52	.45 x weight	8	8	---
70 – 79	20:11	.45 x weight	8	8	---