

**LONDONDERRY POLICE
FITNESS TESTING STANDARDS
(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	---