

# NEW BOSTON POLICE DEPARTMENT

## POLICE OFFICER TESTING

### COOPER AEROBICS INSTITUTE (35<sup>TH</sup> PERCENTILE)

<b>MALE</b>	<b>RUN</b>	<b>SIT UP</b>	<b>PUSH UP</b>		<b>FEMALE</b>	<b>RUN</b>	<b>SIT UP</b>	<b>PUSH UP</b>
<b>AGE</b>	<b>1.5 mile</b>	<b>(1 Min)</b>			<b>AGE</b>	<b>1.5 mile</b>	<b>(1 Min)</b>	
18-29	12:53	37	27		18-29	15:14	31	22 mod/14 FB
30-39	13:24	33	21		30-39	15:58	24	17 mod/10 FB
40-49	14:07	28	16		40-49	16:46	19	11 mod/8 FB
50-59	15:20	22	11		50-59	18:37	12	10 modified
60-69	17:11	18	9		60-69	20:46	5	4 modified
70-79	19:39	18	9		70-79	22:20	5	4 modified