

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	N/A	37	27
30 – 39	13:24	N/A	33	21
40 – 49	14:07	N/A	28	16
50 – 59	15:20	N/A	22	11
60 – 69	17:11	N/A	18	9
70 – 79	19:39	N/A	18	9

FEMALES:

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