



## Town of Litchfield Police Department Physical Fitness Test

### Bench Press:

Male:	<u>Age</u>	<u>Bench</u>	Female:	<u>Age</u>	<u>Bench</u>
	18-29	.96		18-29	.58
	30-39	.86		30-39	.52
	40-49	.78		40-49	.48
	50-59	.70		50-59	.43

### Push-Ups:

Male:	<u>Age</u>	<u>Amount</u>	Female:	<u>Age</u>	<u>Amount</u>	
					<u>Modified</u>	<u>Full Body</u>
	18-29	27		18-29	22	14
	30-39	21		30-39	17	10
	40-49	16		40-49	11	8
	50-59	11		50-59	10	-

### Sit-Ups:

Male:	<u>Age</u>	<u>Amount</u>	Female:	<u>Age</u>	<u>Amount</u>
	18-29	37		18-29	31
	30-39	33		30-39	24
	40-49	28		40-49	19
	50-59	22		50-59	12

### 1.5 Mile Timed Run:

Male:	<u>Age</u>	<u>Time</u>	Female:	<u>Age</u>	<u>Time</u>
	18-29	12.53		18-29	15.32
	30-39	13.25		30-39	16.43
	40-49	14.10		40-49	17.38
	50-59	15.53		50-59	19.43