

The physical fitness tests are based on the [Cooper Aerobics Institute](#) standards. You must pass at least at the 35th percentile on entrance and the 50th on exit. The standards are as follows:

<u>Age 18-29</u>	<u>35th percentile</u>	<u>50th percentile</u>
1.5 mile run (male)	12:53	11:58
1.5 mile run (female)	15:14	14:04
Push-ups (male)	27	33
Push-ups (female)	22 (mod) 14 (FB)	26 (mod) 18 (FB)
Sit-ups in 1 min. (male)	37	40
Sit-ups in 1 min. (female)	31	35
1 repetition maximum effort bench press (male)		
% of body weight	96	106
1 repetition maximum effort bench press (female)		
% of body weight	58	65
<u>Age 30-39</u>	<u>35th percentile</u>	<u>50th percentile</u>
1.5 mile run (male)	13:24	12:24
1.5 mile run (female)	15:58	14:34
Push-ups (male)	21	27
Push-ups (female)	17 (mod) 10 (FB)	21 (mod) 14 (FB)
Sit-ups in 1 min. (male)	33	36
Sit-ups in 1 min. (female)	24	27
1 repetition maximum effort bench press (male)		
% of body weight	86	93
1 repetition maximum effort bench press (female)		
% of body weight	52	57
<u>Age 40-49</u>	<u>35th percentile</u>	<u>50th percentile</u>
1.5 mile run (male)	14:11	13:12
1.5 mile run (female)	16:46	15:34
Push-ups (male)	16	21
Push-ups (female)	11 (mod) 8 (FB)	15 (mod) 11 (FB)
Sit-ups in 1 min. (male)	28	31
Sit-ups in 1 min. (female)	19	22
1 repetition maximum effort bench press (male)		
% of body weight	78	84

1 repetition maximum effort
bench press (female)

% of body weight

48

52

Age 50-59

35th percentile

50th percentile

1.5 mile run (male)

15:26

14:23

1.5 mile run (female)

18:37

17:19

Push-ups (male)

11

15

Push-ups (female)

10 (mod)

13 (mod)

Sit-ups in 1 min. (male)

22

26

Sit-ups in 1 min. (female)

12

17

1 repetition maximum effort
bench press (male)

% of body weight

70

75

1 repetition maximum effort
bench press (female)

% of body weight

43

46

Age 60- 69

35th percentile

50th percentile

1.5 mile run (male)(60-69)

17:11

15:56

1.5 mile run (female)

20:52

19:04

Push-ups (male)

9

15

Push-ups (female)

4 (mod)

8 (mod)

Sit-ups in 1 min. (male)

18

20

Sit-ups in 1 min. (female)

5

8

1 repetition maximum effort
bench press (male)

% of body weight

65

68

1 repetition maximum effort
bench press (female)

% of body weight

41

45

Age 70- 79

35th percentile

50th percentile

1.5 mile run (male)(60-69)

19:24

17:38

1.5 mile run (female)

22:07

20:02

Push-ups (male)

9

15

Push-ups (female)

4 (mod)

8 (mod)

Sit-ups in 1 min. (male)

18

20

Sit-ups in 1 min. (female)

5

8

1 repetition maximum effort
bench press (male)

% of body weight

65

68

1 repetition maximum effort
bench press (female)

% of body weight

41

45

Sit-ups must be performed within 60 seconds, in the proper form. The bench press tests the maximum amount you can lift off the bench prone, one time, expressed as a percentage of your body weight.