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Community - Integrity - Honor - Courage

Physical Fitness **Minimum Requirements**

Males

Ages: 20-29

Sit-ups: **33**
Push-ups: **22**
1.5 Mile Run: **13:53**

Males

Ages: 30-39

Sit-ups: **30**
Push-ups: **17**
1.5 Mile Run: **14:23**

Females

Ages: 20-29

Sit-ups: **24**
Modified Push-ups: **17**
1.5 Mile Run: **16:11**

Females

Ages: 30-39

Sit-ups: **20**
Modified Push-ups: **11**
1.5 Mile Run: **16:48**

*Sit-ups and push-ups are within one minute