

**Strafford County Department of Corrections  
PHYSICAL FITNESS TEST**

AGE	MALES	FEMALES	
18-29	37	31	
30-39	33	24	
40-49	28	19	
50-59	22	12	
60+	18	5	
	SIT-UPS	IN 60 SECONDS	

AGE	MALES	FEMALES	
18-29	.96	.58	
30-39	.86	.52	
40-49	.78	.48	
50-59	.70	.43	
60+	.65	.41	
	BENCH-PRESS	X BODY WEIGHT	

AGE	MALES	FEMALES	
18-29	27	22	
30-39	21	17	
40-49	16	11	
50-59	11	10	
60+	9	4	
	PUSH-UPS	IN 60 SECONDS	

AGE	MALES	FEMALES	
18-29	16.0	19.0	
30-39	15.0	17.8	
40-49	14.0	17.0	
50-59	12.5	16.0	
60+	12.0	15.2	
	FLEXIBILITY	SIT & REACH	

AGE	MALES	FEMALES	
18-29	60	74.5	
30-39	61	80.5	
40-49	74.8	101.8	
50-59	85	N/A	
60+	N/A	N/A	
	300 M RUN	SECONDS	

AGE	MALES	FEMALES	
18-29	19"	13.9"	
30-39	18.5"	12"	
40-49	15"	9"	
50-59	13.5"	N/A	
	VERTICAL LEAP	INCHES	

AGE	MALES	FEMALES	
18-29	13.06	15.48	
30-39	13.53	16.23	
40-49	14.47	16.59	
50-59	15.53	18.09	
60+	16.58	18.54	
	1.5 MILE RUN	MINUTES	

NAME \_\_\_\_\_ DOH \_\_\_\_\_

DOB \_\_\_\_\_ AGE \_\_\_\_\_

PASSED \_\_\_\_\_ DID NOT PASS \_\_\_\_\_

INSTRUCTOR'S SIGNATURE \_\_\_\_\_