

Agility Test Police

Male 21-29 years of age:

40- Sit-ups in a minute
33- Push-ups in a minute
1.5- Mile run in 11:58

Male 30-34 years of age:

36- Sit-ups in a minute
27- Push-ups in a minute
1.5- Mile run in 12:25

Female 21-29 years of age:

35- Sit-ups in a minute
18- Push-ups in a minute
1.5- Mile run in 14:15

Female 30-34 years of age

27- Sit-ups in a minute
14- Push-ups in a minute
1.5- Mile run in 15:14