

PHYSICAL FITNESS EXAMINATION

DESCRIPTION OF EXERCISES

The **JAMAR GRIP STRENGTH** is measured using a Jamar Hand dynamometer. For this exercise, candidates will squeeze on the Jamar hand dynamometer first with the dominant hand and then with the nondominant hand. Two trials are given for each hand with the highest peak score used as the test result. The candidate must demonstrate a minimum of 80 lbs of pressure.

The **SIT-UP** begins while laying on the back with legs bent at the knees at approximately a 45 degree angle with hands placed behind head with fingers interlocked, where they remain for each sit-up. The upper body is then raised in a roll-up type movement to an upright position breaking the 90 degree plane, and is then lowered back to a lying position. One repetition will be counted using this procedure (no jerking movement allowed). If the hands come apart, the sit-up will not count. They may be performed on a sit-up board with roller pads (provided) to hold the feet or on a mat with another candidate holding your feet. The candidate will have one minute to complete 32 proper sit-ups.

The **PUSH-UP** begins in the “up” position with arms extended and hands flat on the surface and shoulder-width apart. The toes and palms remain on the floor. The body and head are aligned and straight, and the body is raised until the arms are straight. The body is then lowered to the point where the back is lower than the elbows of both arms and the front side of the body is not touching the ground. In other words, you must be able to come down to a point low enough which equals an average fist and then return to the “up” position. When done correctly, this movement equals one repetition. The candidate will need to complete 24 push-ups, with no time limit. Resting must be done in the “up” position.

The **100 YARD DASH** measures the candidate’s ability to run as fast as possible. The score is the number of seconds elapsed from start to finish. The candidate must complete this dash in 19 seconds or less.

The **BEND, TWIST & TOUCH** is administered with the candidate’s back to a wall and far enough from the wall that the candidate could bend over without hitting the wall with the buttocks. Directly behind the middle of the candidate’s back, at shoulder height, an “X” is marked on the wall and another “X” is placed on the floor between the candidates feet. When given the command to “go”, the candidate bends over and touches the “X” between the feet and then rises up, twisting to the left to touch the “X” on the wall with both hands. This is counted as one cycle. In the next cycle, the candidate repeats this procedure, except the twist is to the right. The candidate must complete 15 cycles in twenty seconds.

The **ONE MILE RUN**. The candidate must be able to run a mile in 10 minutes and 49 seconds or less.

Candidates **MUST** wear shirts with short sleeves (no tank tops). Shorts or sweat pants and running shoes (tennis shoes) should be worn. Candidates are encouraged to bring their own water to the test. Casual observers are not allowed to enter the testing facilities.

POLICE RECRUIT PHYSICAL FITNESS TEST

FITNESS STANDARDS

Jamar Grip Strength

must grip 80 lbs.



Sit-Ups

must complete 32
(one minute)(rest in up position)



Push-Ups

must complete 24
(no time limit) (rest in up position)



POLICE RECRUIT PHYSICAL FITNESS TEST

FITNESS STANDARDS

100 Yard Dash

19 seconds



Bend, Twist & Touch

20 Seconds

15 (cycles of the BTT)



1 Mile Run

10 minutes 49 seconds

