

## Ashland Fire Department Standards for Physical Fitness Testing

### FIRE FIGHTER STANDARDS FOR THE ONE-MINUTE SITUP TEST

POINTS	FITNESS CATEGORY	AGE GROUP			
		20 - 29 yrs (n-81)	30 - 39 yrs (n-83)	40 - 52 yrs (n-28)	
		Sit-ups (reps/min)	Sit-ups (reps/min)	Sit-ups (reps/min)	
4	Excellent	51+	45+	39+	
3	Good	40 - 50	34 - 44	26 - 38	
2	Average	35 - 39	29 - 33	19 - 25	
1	Below Average	24 - 34	18 - 28	6 - 18	
0	Poor	0 - 23	0 - 17	0 - 5	

### FIRE FIGHTERS STANDARDS FOR THE PUSHUP TEST

POINTS	FITNESS CATEGORY	AGE GROUP			
		20 - 29 yrs (n-81)	30 - 39 yrs (n-83)	40 - 52 yrs (n-28)	
		(reps/min)	(reps/min)	(reps/min)	
4	Excellent	43+	37+	28+	
3	Good	28 - 42	23 - 36	18 - 27	
2	Average	20 - 27	17 - 22	13 - 17	
1	Below Average	5 - 19	3 - 16	2 - 12	
0	Poor	0 - 4	0 - 2	0 - 1	

### CARDIOVASCULAR (ENDURANCE) FIRE FIGHTER STANDARDS FOR 1 ½ MILE RUN

POINTS	FITNESS CATEGORY	AGE GROUP			
		0 - 29 yrs	30 - 39 yrs	40 - 52 yrs	
4	Excellent	Below 10:15	Below 11:00	Below 11:30	
3	Good	10:16 12:00	11:10 13:00	11:31 14:00	
2	Average	12:01 14:30	13:01 15:30	14:01 16:30	
1	Below Average	14:31 16:30	15:31 17:30	16:31 18:30	
0	Poor	16:31 Above	17:31 Above	18:31 Above	