**NEW HAMPSHIRE POLICE STANDARD AND TRAINING**

**FITNESS TESTING REQUIREMENTS (35 PERCENTILE)**

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| ***35TH PERCENTILE COOPER AEROBIC INSTITUTE STANDARD*** |
| ***MALES*** |
| **AGE** | **MIMIMUM** | **MIMIMUM**  | **MINIMUM**  | **MINIMUM** |
| **GROUP** | **BENCH PRESS** | **PUSH-UPS**  | **SIT-UPS (1 MIN)** | **1.5 MILE RUN** |
|  | **% OF BODY WEIGHT** | **NO TIME LIMIT** | **1 MINUTE TIME** |  |
| 18-29 | 0.96% | 27 | 37 | 12:53 |
| 30-39 | 0.86% | 21 | 33 | 13:24 |
| 40-49 | 0.78% | 16 | 28 | 14:07 |
| 50-59 | 0.70% | 11 | 22 | 15:20 |
| 60-69 | 0.65% | 9 | 18 | 17:11 |
| 70-79 | 0.65% | 9 | 18 | 19:39 |
|  |  |  |  |  |
| ***35TH PERCENTILE COOPER AEROBIC INSTITUTE STANDARD*** |
| ***FEMALES*** |
| **AGE** | **MIMIMUM** | **MIMIMUM**  | **MINIMUM**  | **MINIMUM** |
| **GROUP** | **BENCH PRESS** | **PUSH-UPS**  | **SIT-UPS (1 MIN)** | **1.5 MILE RUN** |
|  | **% OF BODY WEIGHT** | **NO TIME LIMIT****Modified Full Body** | **1 MINUTE TIME** |  |
| 18-29 | 0.58% | 22 14 | 31 | 15:14 |
| 30-39 | 0.52% | 17 10 | 24 | 15:58 |
| 40-49 | 0.48% | 11 8 | 19 | 16:46 |
| 50-59 | 0.43% | 10 -- | 12 | 18:37 |
| 60-69 | 0.41% | 4 -- | 5 | 20:46 |
| 70-79 | 0.41% | 4 -- | 5 | 22:20 |