

**Roxbury Township Police Physical Training Test Requirements:**

**The following scores are for a 100% in each testing area.**

Bench press:	your body weight x 1.35	(female x 1.00)
Push ups:	65 push ups in 1 minute	(female 50 push ups)
Sit ups:	50 sit ups in 1 minute	(female 45 sit ups)
Shuttle run:	Illinois State Police shuttle run	15 seconds
Vertical jump:	25 inches	
Standing Broad Jump	8' 2.5" (male)	(female 6' 6.5")
Squat thrusts:	20 squat thrusts in 30 seconds	
Pull ups	16 (no time limit)	(female 8)
1 ½ mile run:	9 minutes	30 seconds

The above standards are for 100% in each category. You are required to have a 90% cumulative average to pass the PT Test.