



## **The Redding Police Department**



### **Probationary Police Officer Written & Physical Agility Testing**

***JUNE 26<sup>TH</sup>***

***9:00AM – NOON***

***Joel Barlow High School***

***100 Black Rock Tpk (Route 58)***

***Redding, CT***

***MEET IN THE CAFETERIA***

***BRING STATE ISSUED ID***

***WEAR CLOTHING SUITABLE FOR RUN AND PHYSICAL  
AGILITY***

# Police Officer Standards and Training Council

## FITNESS TEST STANDARDS PHYSICAL PERFORMANCE 40%

### Male Candidate

AGE	1 MINUTE OF SIT-UPS	SIT/REACH (Straight-leg)	BENCH PRESS RATIO (1 lift)	1.5 MILE RUN 40%
20 - 29	38	16-1/2 in.	.99 X Body Weight	12:25
30 - 39	35	15-1/2 in.	.88 X Body Weight	12:51
40 - 49	29	14-1/4 in.	.80 X Body Weight	13:46
50 - 59	24	13-1/4 in.	.71 X Body Weight	14:54
60 - 69	19	12-1/2 in.	.66 X Body Weight	16:16

### Female Candidate

AGE	1 MINUTE OF SIT-UPS	SIT/REACH (Straight-leg)	BENCH PRESS RATIO (1 lift)	1.5 MILE RUN 40%
20 - 29	32	19-1/4 in.	.59 X Body Weight	14:49
30 - 39	25	18-1/4 in.	.53 X Body Weight	15:25
40 - 49	20	17-1/4 in.	.50 X Body Weight	16:12
50 - 59	14	16-3/4 in.	.44 X Body Weight	17:14
60 - 69	6	15-1/2 in.	.43 X Body Weight	18:00