

Law Enforcement PT Assessment

POINTS	PUSH-UPS	SIT-UPS (2 MIN.)	PULL-UPS	SQUAT THRUSTS (1 MIN.)	ONE MILE RUN
25	5	10	1	10	10:00
30	6	15	--	12	9:55
35	7	20	2	15	9:45
40	8	25	--	17	9:35
45	9	30	3	18	9:30
50	10	35	--	19	9:25
55	13	40	4	20	9:20
60	15	45	--	22	9:15
65	18	50	5	24	9:10
70	20	55	6	26	9:00
75	25	60	7	28	8:40
80	30	65	8	30	8:20
85	35	70	9	32	8:00
90	40	75	10	34	7:40
95	45	80	11	36	7:20
100	50	85	12	38	7:00