

Cooper Fitness Standards for Law Enforcement (40th Percentile)

(updated August 4, 2015)

Age Range	Sit-Ups in a Minute		Push-Ups in a Minute		1.5 Mile Run	
	Male	Female	Male	Female	Male	Female
20-29	38	32	29	23	12:51	15:26
30-39	35	25	24	19	13:36	15:57
40-49	29	20	18	13	14:29	16:58
50-59	24	14	13	12	15:26	17:55
60 +	19	6	10	5	16:43	18:44