

**UNIVERSAL FITNESS NETWORK, INC
FITNESS STANDARDS FOR THE
LAW ENFORCEMENT POWER TEST**

MALE

AGE

TEST	20-29	30-39	40-49
SIT & REACH	16.0	15.0	13.8
SIT-UPS	37	34	28
BENCH PRESS	98%	87%	79%
1.5 MILE RUN	13:46	14:31	15:24

FEMALE

AGE

TEST	20-29	30-39	40-49
SIT & REACH	18.8	17.8	16.8
SIT-UPS	31	24	19
BENCH PRESS	58%	52%	49%
1.5 MILE RUN	16:21	16:52	17:53