

## N.H. Group II Retirement Physical Fitness Standards

\*Mandatory pass for run

\*Mandatory pass- 4 of 6 events

1.5 MILE RUN (minutes)		
Age	Male	Female
18-29	13:06	15:49
30-39	13:53	16:23
40-49	14:47	16:59
50-59	15:53	18:09
60+	16:58	18:54

300 METER RUN (seconds)		
Age	Male	Female
18-29	60	74.5
30-39	61	80.5
40-49	74.8	101.8
50-59	85	N/A

BENCH PRESS (% of body weight)		
Age	Male	Female
18-29	.96	.58
30-39	.86	.52
40-49	.78	.48
50-59	.70	.43
60+	.65	.41

SIT-UP (in 60 seconds)		
Age	Male	Female
18-29	37	31
30-39	33	24
40-49	28	19
50-59	22	12
60+	18	5

PUSH-UP (in 60 seconds)		
Age	Male	Female
18-29	27	22
30-39	21	17
40-49	16	11
50-59	11	10
60+	9	4

VERTICAL LEAP (inches)		
Age	Male	Female
18-29	19"	13.9"
30-39	18.5"	12"
40-49	15"	9"
50-59	13.5"	N/A

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