



City of Oxford, Ohio
Division of Police

Physical Fitness Benchmarks

	Males(≤29)	Females(≤29)
Sit-ups (1 min)	38	32
Push-ups (1min)	30	16
1.5 Mile Run	12:37	15:02
	Males(30-39)	Females(30-39)
Sit-ups (1 min)	34	25
Push-ups (1min)	24	13
1.5 Mile Run	13:07	15:34
	Males(40-49)	Females(40-49)
Sit-ups (1 min)	29	20
Push-ups (1min)	19	10
1.5 Mile Run	13:52	16:26
	Males(50-59)	Females(50-59)
Sit-ups (1 min)	24	15
Push-ups (1min)	13	11
1.5 Mile Run	15:06	18:17
	Males(60+)	Females(60+)
Sit-ups (1 min)	19	7
Push-ups (1min)	13	7
1.5 Mile Run	17:00	20:02