

Physical Training Standards

WHAT ARE THE STANDARDS?

Each test is scored separately. The standards must be met for each test. The order of testing is as follows:

TEST	PRE-SELECTION	ENTRY LEVEL(BT)	EXIT LEVEL (BT)
1 RM Bench Press	64% of body wgt	64% of body wgt	73% body wgt
1 Minute Sit Up	18	18	18
300 Meter Run	65 seconds	65 seconds	65 seconds
Maximum Push Up	20	20	25
1.5 Mile Run	17:12	17:12	16:15

The procedure and order for testing will be as follows:

1. Warm up for 3 minutes
2. Test One Repetition Maximum Bench Press, rest for 5 minutes.
3. Test One Minute Sit Up, rest for 15 minutes.
4. Test 300 Meter Run, rest for 15 minutes.
5. Test Maximum Push Up, rest for 30 minutes.
6. Warm up, 2 minutes,
7. Test in the 1.5 Mile Run
8. Cool down for 5 minutes