

# **Milton Police Department Recruit Physical Fitness Test Minimum Requirements**

## **Males**

**Ages: 20-29**

Sit-ups 33

Push-ups 22

1.5 Mile Run 13:53

## **Females**

**Ages: 20-29**

Sit-ups 24

Modified Push-ups 17

1.5 Mile Run 16:11

## **Males**

**Ages: 30-39**

Sit-ups 30

Push-ups 17

1.5 Mile Run 14:23

## **Females**

**Ages: 30-39**

Sit-ups 20

Modified Push-ups 11

1.5 Mile Run 16:48

\*Sit-ups and push-ups are within one minute  
Revised 4/08