



Physical Agility Assessment

RECRUIT NAME: _____

	Applicant Assessment	Lap # if Track Run	Windsor Arnold Rec Ctr.	Arnold Park 1 Lap
Date		1		
1.5 Mile Run		2		
Trunk Flex		3		
Sit-ups		4		
Push-ups		5		
Weight		6		

MEN

AGE:	19-29	30-39	40-49	50-older
1.5 Mile Run	12:18	12:51	13:53	14:55
Trunk Flex	17.5 inches	16.5 inches	15.5 inches	14.5 inches
Sit-ups	40	36	31	26
Push-ups	33	27	21	15

WOMEN

AGE:	19-29	30-39	40-49	50-older
1.5 Mile Run	14:55	15:26	16:27	17:24
Trunk Flex	20.0 inches	19.0 inches	18.0 inches	18.0 inches
Sit-ups	35	27	22	17
Push-ups	26	21	15	13