

Silver City Fire Department

Physical Training Program Monthly On-Duty Fitness Standards

Upper Body Strength

1 minute minimum number of push-ups

<u>Age</u>	<u>Male</u>	<u>Female Modified</u>	<u>Female Full Body</u>
20-29	29	23	15
30-39	24	19	11
40-49	18	13	9
50-59	13	12	9
60+	10	5	9

Muscular Endurance

1 minute minimum number of sit-ups

<u>Age</u>	<u>Male</u>	<u>Female</u>
<20	41	32
20-29	38	32
30-39	35	25
40-49	29	20
50-59	24	14
60+	19	6

Muscular Strength

1 minute minimum number of pull-ups

<u>Age</u>	<u>Male</u>	<u>Female</u>
18-60+	3	1

Aerobic Power

1 ½ mile Endurance Run

<u>Age</u>	<u>Male</u>	<u>Female</u>
<20	12:29	15:05
20-29	12:29	15:05
30-39	12:53	15:56
40-49	13:50	17:11
50-59	15:14	19:10
60+	17:19	20:55