

Dover Police Recruit Physical Fitness Test Log



Minimum Standards

300 Meter Run: The 300 meter run must be completed in no more than 71 seconds.

Sit-ups: 29 sit-ups must be completed within ONE MINUTE. Hands must be inter-laced behind the neck/head and knees bent. Each repetition begins with the shoulder blades touching the ground and is completed when the torso is perpendicular to the ground.

Push-Ups: No time limit, applicant must complete maximum amount of push-ups they are capable of, with 25 completions being the minimum. Applicants will touch their chest to a foam cup/fist in order to count as a completion.

1.5 Mile Run: The 1.5 mile run must be completed in no more than 16:28 (sixteen minutes and 28 seconds)

Use this log to keep track of your scores while you prepare for the physical test. Once you can complete the minimum requirements, you are ready for testing.

Date: _____ **Sit-ups:** _____ **Push-ups** _____ **Run time:** _____

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*This log is only a helpful tool and is not a requirement for our testing process.